

# AIH HANDS

MAGAZINE OF THE U.S. NAVY

MAY 1999

Sports  
&  
Fitness

Navy Athletes Go the Distance



# May

**All HANDS**

Number 985

## Features

### 12 America's Team Gets Underway

Troy Aikman is one of only three quarterbacks in NFL history to win three Superbowls. But when he and 10 other members of the Dallas Cowboys made an

arrested landing on the flight deck of USS *Constellation* (CV 64), it didn't take them long to recognize they had some competition for the title "America's Team."

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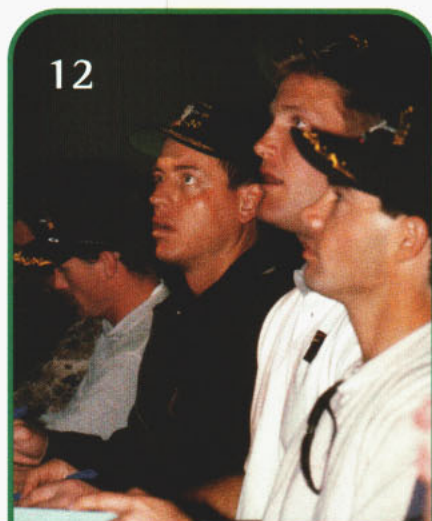


Photo by JO1 Rodney J. Furry

**All HANDS**

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With one swift kick to the gut, HM1 Elizabeth Evans could ruin your day. She could shatter a few ribs, cause internal bleeding or make you lose last night's dinner. But you wouldn't know it to look at her.

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Summer is coming and the beach is calling. But that body of yours hasn't seen the inside of a gym since September. Don't worry, it's not too late. You still have a couple of months to shape up before the sun really gets hot.



Photo by JO1 Robert Benson

## Departments

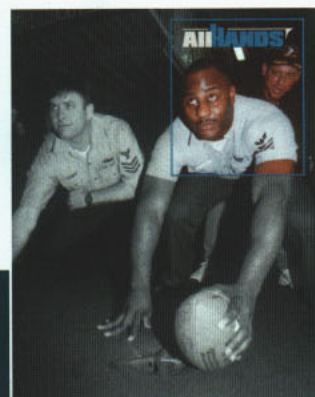
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### On the Cover

HM3 Kevin Montford pushes off for another lap in the pool at the Olympic Training Center, Colorado Springs, Colo.

Photo by JO1 Robert Benson



### On the Back Cover

YN1(AW) Lewis Weaver (with football) and QM1(SW) Steven Hager from the staff of Cruiser Destroyer Group 1 give Troy Aikman a little pass protection on the hangar deck of USS Constellation (CV 64).

Photo by JO1 Rodney J. Furry

Check us out Online at:



[www.chinfo.navy.mil/navpalib/allhands/ah-top.html](http://www.chinfo.navy.mil/navpalib/allhands/ah-top.html)



# Wild Ride



More than 40 service members participated in the Military Rodeo Cowboys Association World Finals at Camp Pendleton, Calif., including 15 Sailors and this red-faced rider, Marine Corps Lance Cpl. Leon Phelps. See story Page 16.

Photo by PH2 Aaron Ansarov



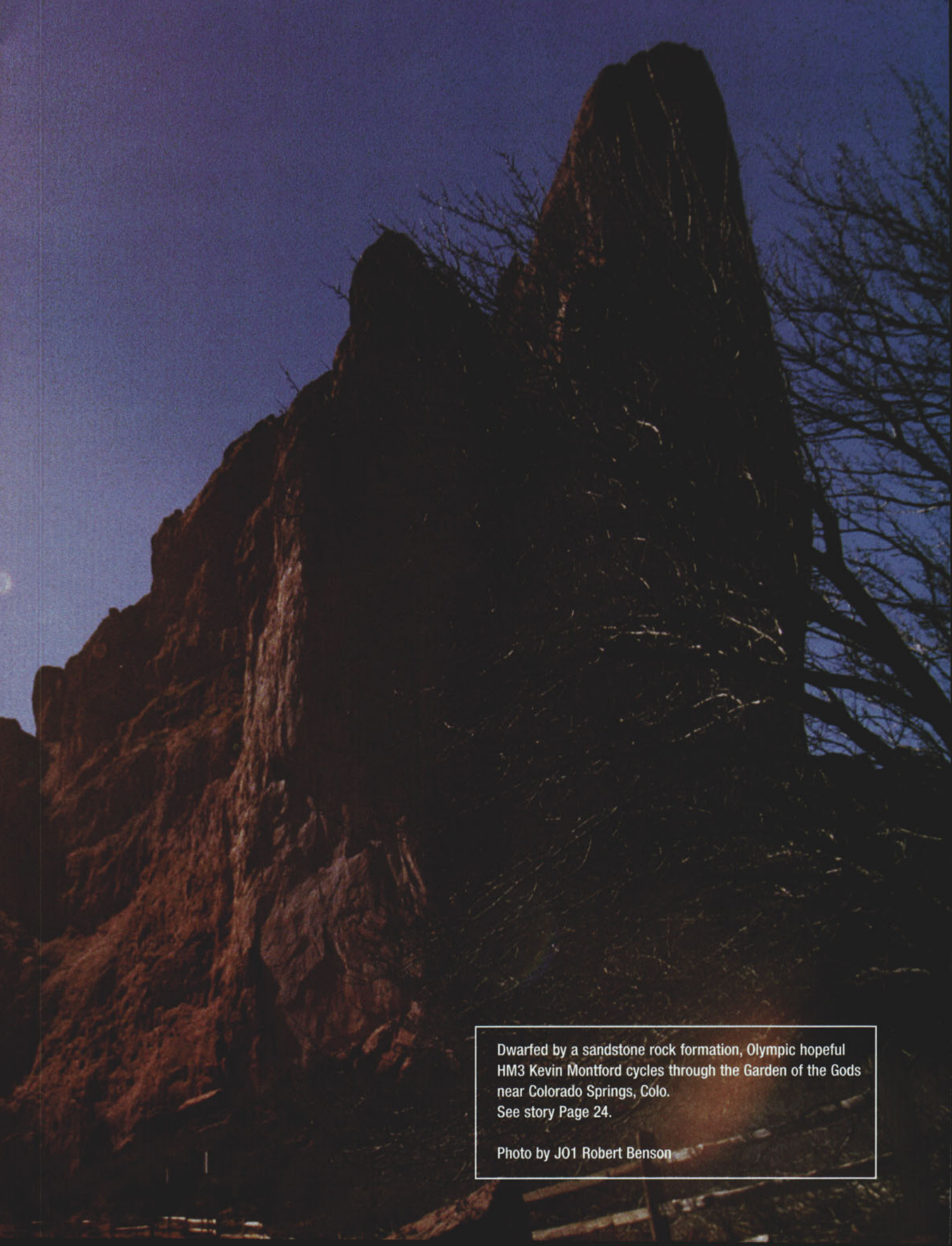




Like a **Rock**







Dwarfed by a sandstone rock formation, Olympic hopeful HM3 Kevin Montford cycles through the Garden of the Gods near Colorado Springs, Colo. See story Page 24.

Photo by J01 Robert Benson



# Around the Fleet

## Mistaken Meeting

The meeting between FDR and the Saudi king in 1945 [as mentioned in the February 1999 issue] did not happen [in the Persian Gulf], but in the Great Bitter Lake in Egypt, a body of water through which the Suez Canal passes. And far from being unscheduled, the meeting was carefully planned and a U.S. Navy destroyer actually transported the king to the meeting from Saudi Arabia.

Joseph McMillan  
Principal Director,  
Near East & South Asia  
OSD International Security Affairs

## Forgotten Physiology

This is in reference to the 'I Believe I Can Fly' article in the March magazine. It was a good article, but you missed a very important aspect. I was very disappointed to see that nowhere in the article was there any mention of the aviation physiology training itself. We are an integral part of the ASTC training.

We have PRs, HMs, AMEs and a physiologist who play a technical role in teaching the physiological effects of flying. We cover hypobaric training, parachute landing falls, G-LOC, ejection seats, disorientation, land survival and other various training. Our job is to help prevent

mishaps, if possible, not just how to survive the crash or ditch. I feel that all of what ASTCs do is important because we all play a key role in prevention and survival.

HM2 Karen Roberts  
ASTC Physiology Training Dept.  
Naval Operational Medical Institute  
NAS Pensacola, Fla.

## Tell us something we don't know.

Send your comments to:

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or e-mail: [allhands@mediacen.navy.mil](mailto:allhands@mediacen.navy.mil)

## Chef Speaks Out

U.S. Navy Executive Chef Martin C.J. Mongiello, CEC, CFE, CFPH who is stationed at Commander Submarine Group 7, Yokosuka, Japan, was back in the United States to share sushi secrets and sashimi sensations.

The former executive chef at Camp David, Md., and multiple award-winning cook was visiting the University of San Francisco to speak with professors at a Wellness Seminar. Leading the class was best-selling author, Dr. Dean Ornish's Executive Chef, Jean-Marc Fullsack and health guru Christen Anderson. Standing next to one of his French mentors, Mongiello commented on every facet of Japanese cuisine – from sushi to noodles.



Mongiello speaks with the chef students in the kitchen at the California Culinary Academy.

Chefs, like the "seasoned" Mongiello, bring credit to the Navy and their profession. They work hand in hand with associations like the American Culinary Federation and the International Food Service Executives Association to encourage and inspire students and other Navy mess specialists to help the culinary arts reach new heights.

## Deckplate on the Web

Washington, D.C. NAVSEA's *Deckplate*, the technical assistance magazine for the fleet Sailor, is now available electronically on the Naval Sea Systems Command (NAVSEA) homepage at [www.navsea.navy.mil](http://www.navsea.navy.mil).

*Deckplate* provides the fleet with the latest technical information to assist Sailors in working smarter, safer and in a more cost efficient manner. Often used as a supplement in ship and shore safety and maintenance training programs, *Deckplate* strengthens technical expertise by presenting clear information on issues encountered in the day-to-day activities of our sea-going forces. Articles

cover repair, modification and logistics issues related to combat and ship systems, ordnance systems, new fleet equipment installations and safety.

If you have input or ideas for future editions, please contact *Deckplate's* editor, Gail Wassom via e-mail at: [deckplate@navsea.navy.mil](mailto:deckplate@navsea.navy.mil), or call (703) 602-6920, ext. 210.

By NAVSEA public affairs.

## Navy Expands Enlistment Opportunities

The number of non-high school diploma graduates allowed to enlist in the Navy could soon increase from 5 to 10 percent. This is one of several recent initiatives approved by Secretary of the Navy Richard Danzig to expand enlistment opportunities.

Up to an additional 2,600 people could be recruited based on their work experience, above average test scores and good references. The Navy, realizing that many young people fail to complete high school for a variety of reasons, is looking to give them another chance to prove themselves.

"My father was a dropout at age 16, and with a letter from his mother he joined the Navy," Wendy G.M. Fox wrote in her editorial to *The Morning Call*, in Allentown, Pa. "While serving on USS *Wasp* (CVS 18), he earned his GED and through his outstanding performance, the Navy gave my father the chance to become an officer."

Fox's father, CAPT J.J. Galinsky, earned a master's degree in business, a doctorate in computer science and learned seven languages to become one of the Navy's top cryptographers.

Secretary Danzig said that non-high school diploma recruit training graduates have higher retention rates and perform as well as – and sometimes better than – their fellow Sailors who arrive at boot camp with a high school diploma.

Do you know a young man or woman who wants to join the Navy, but didn't get that high school diploma? Encourage them to sit down with a Navy recruiter. They still have options.

Story by Dennis L. Everette, editor  
Navy Wire Service.



## Around the Fleet

### USS Stethem Stamps Out Y2K Bug

During a recent two-day comprehensive systems test, the crew of USS *Stethem* (DDG 63) proved their readiness for the Year 2000.

In conjunction with the Naval Surface Warfare Center and a civilian contractor, *Stethem's* operators and technicians rolled all calendar-dependent systems forward to Dec. 31, 1999. Though the ship remained pierside, all warfare and propulsion systems were aligned and watch stations manned for an underway operation. *Stethem* then conducted

multiple casualty control and operational tests, including engineering and casualty control drills, and an overall combat system operability test. These tests were conducted on a simulated New Year's Eve and again on New Year's Day to evaluate Y2K compliance.

Engineering plant controls and monitoring systems were the first to be evaluated. As watchstanders operated main engines, fire pumps and generators, supervisors watched the clocks on their display units in anticipation of the 21st century "rollover." When Jan. 1, 2000, 00:00:01 presented no

faults to *Stethem's* engineering plant, her crew breathed a collective sigh of relief.

In the Combat Information Center, *Stethem's* combat watch team simulated an AEGIS Combat Training System (ACTS) scenario. Firing simulated surface-to-air missiles, five-inch projectiles and torpedoes, *Stethem* tested her surface, air and undersea warfare capabilities across the date transition to 2000. The AEGIS weapons system is a complex and highly integrated computer network. The potential for Y2K computer-to-computer communication glitches is great, and the implica-

tions are serious. But here, as in the engineering plant, no faults occurred.

The evaluation served as a validation not only of *Stethem's* combat and engineering compliance, but of a commissioned ship's ability to test its own Y2K compliance.

"It's good to know this ship and the Navy will be able to continue carrying out our missions next year," said Electronics Warfare Technician 2nd Class Steve Semmelmann.

Story by LTJG Jason L. Watkins, USS *Stethem* (DDG 63).



## Countdown to the Millennium

DAYS

245

HOURS

16

MINUTES

29

SECONDS

59

### Y2K and You

**Q: I'd like to learn more about Y2K and how it relates to the Navy as well as my personal computer. Are there any good web sites to get me started?**

A: There are many Y2K sites that are easily accessible on the Internet. Start by looking at the Navy-sponsored web sites that specifically address Y2K. The following are two excellent sites:

[www.doncio.navy.mil/y2k/year2000.htm](http://www.doncio.navy.mil/y2k/year2000.htm)

[www.cnoy2k.navy.mil/ny2k/ny2k.htm](http://www.cnoy2k.navy.mil/ny2k/ny2k.htm)

Both of these sites have lots of specific information about the Navy's Y2K actions, as well as links to other major Navy sites such as BUMED, CINCLANTFLT, CINCPACFLT, CINCUSNAVEUR, NAVFAC, NAVSUP, NAVSEA, NCTS, SPAWAR, and USMC.

The World Wide Web also has lots of information relating to Y2K. Start by looking at sites that link to specific Y2K information. Here are two ideas:

Y2K Links at [www.y2klinks.com](http://www.y2klinks.com) contains news headlines, links to other sites and information about free software and Y2K Central has general information at

<http://home.earthlink.net/~ddrasin/y2kcentral.html>.

If you have access to search engines, you can tailor your search. For example, if you have a question specifically on Y2K Windows problems you could type the following in the search box, "how to fix windows Y2K problems." When our staff tried this search

(including the quotation marks), one of the links it yielded was a site sponsored by Windows, <http://www3.zdnet.com/zdhelp/filters/window>. We found a specific section on Y2K fixes to the Windows program, but, we wanted more information. We used the results from that search to see if we could get even better info. We tried searching on "zdnet Y2K" (this time without quotation marks) and found even more specific results. One of the links we found was [www.zdy2k.com/zdy2k](http://www.zdy2k.com/zdy2k). By clicking on "All the Y2K FAQs" we found a great section entitled "Is my copy of Y2K Microsoft Windows Y2K ready?" which gave specifics on the different versions of Windows. Although the Navy does not specifically endorse nor independently test any of these sites or solutions, as a consumer you can easily learn about many Y2K resources

simply by surfing on the Internet. Now you can fire up your PC and get moving!

**Do you have a Y2K question you would like us to answer?** Go ahead and send it to us. We'll select a few questions every month and seek out the experts for answers. You can mail your questions to:

**All Hands, Naval Media Center**  
(ATTN: Y2K and You),  
2713 Mitscher Rd., S.W.  
Washington, D.C. 20373-5819.

Or you can send us an e-mail at [allhands@mediacen.navy.mil](mailto:allhands@mediacen.navy.mil). Be sure to include your name, rate and duty station and don't forget to put the words "Y2K and You" in the subject line.



# Around the Fleet

## EOD Detachment Practices Fastroping

**E**xplosive Ordnance Disposal (EOD) Mobile Unit 5, Det. 31, currently attached to Commander, Amphibious Squadron (CPR) 11 aboard USS *Belleau Wood* (LHA 3), recently had the opportunity to hone their fastroping skills aboard USS *Germantown* (LSD 42).

Fastroping is used to insert EOD teams into an incident site that may be too remote or too difficult to reach by normal means due to rough or uneven terrain.

"While embarked on a ship at sea, fastroping can also be used to respond to an incident aboard another ship if the flight deck is cluttered, or on a smaller ship where a helicopter can't land," said LT Shaunna M. Corcoran, officer-in-charge of *Belleau Wood's* EOD detachment. "It's pretty much like sliding down a firemen's pole, except we use a rope, and we're jumping out of a helicopter." The rope is either 60 or 90 feet long, and approximately two inches in diameter.

EOD personnel are responsible for detecting, recovering, identifying, evaluating, rendering safe and disposing of any unexploded ordnance that could threaten people, material, installations, ships, aircraft and operations. USS *Belleau Wood* and USS *Germantown*, along with USS *Dubuque* (LPD 8), are underway in the Arabian Gulf in support of Operation *Southern Watch*.

Story and photo by LT Lisa Brackenbury public affairs officer, Commander, Amphibious Group 1.



A view from inside a CH-46 helicopter's "hell hole" as a member of EOD Mobile Unit 5, Det. 31, fastropes to *Germantown's* flight deck.

## Day Trip

The last time Robert Ramsey saw his father was at his wedding in Scottsdale, Ariz., almost four years ago. Ramsey's father works in the United Arab Emirates, and he doesn't get stateside very often.

About a year ago, Ramsey joined the Navy and became an aircrew survival equipment man assigned to Strike Fighter Squadron (VFA) 97 out of Lemoore, Calif. When he found himself attached to USS *Carl Vinson* on a deployment to the Arabian Gulf, he suddenly had a great idea.

"When I found out we were going to the Gulf, I thought it would be cool to try and see him," said Ramsey. "I ran the request through my leading petty officer and up the chain of command."

James Ramsey has been doing telecommunications work for Raytheon in the UAE since 1990. "My boss gave me the idea that I might be able to see him," he said. "I was just hoping that he could get leave or something. Even if I could see him on the pier, it would be worth it."

PR3 Robert Ramsey and his father, James, embrace on the flight deck after a four-year separation.

PR3 Ramsey was anxious for his father to arrive. "I am really looking forward to seeing him again. I can show him pictures and tell him he's going to be a grandfather again. It will also be nice to show him what I do and where I work," he said.

The weather was clear February 7th and at about 2 p.m. father and son were reunited on the flight deck.

"It was pretty emotional," said the elder Ramsey. "I was just happy to get this chance to see him again."

After hugs and handshakes, PR3 Ramsey took his father below to show him around. This was the elder Ramsey's first time on an aircraft carrier.

"It's amazing to see what you can do on just 4 and half acres," said Ramsey. "I look forward to seeing everything. I'm glad you guys are out here taking care of things."

Story by JO3 James Stilipec, USS *Carl Vinson* public affairs.



Photo by PHAN Jose Cordaro

## Ricky's Tour

By JO3 Mike C. Jones



Mike Jones @ hotmail.com



# Going for GOLD



Olympic gold is Navy wrestler Eric Moeller's dream.

The Machinist's Mate 3rd Class recently flew off USS *Carl Vinson* (CVN 70) heading for the All-Military Tournament in

Bremerton, Wash. This is the first of several tournaments on his journey. "If I win this tournament, I'll go to the Olympic training camp in Florida," said Moeller, a native of Morgan Hill, Calif. "If I make the cut there, I'll join the All-Navy team and compete in the Armed Services Tournament. If I win there, I'll go to the Nationals and hopefully I'll go on from there, to the World Games in Croatia. If I make it there, I'll go to the Olympics."

According to Moeller, winning the regional tournament is the key. "If I can go to the camp, I'll get training at an Olympic level and that will prepare me to go all the way. It's the stepping stone to my Olympic dream. It's going to be tough. I'm going against a high level of competition. A lot of these guys eat, breathe and sleep wrestling."

Moeller wrestled in high school and during his first semester at college. He joined the Navy in 1995 to earn money for college. While in the Navy, he wrestled in five tournaments and won first place in each. In 1997, he won twice at the All-Military Tournament in two different weight classes. Not only did he earn two gold medals, he was also voted most valuable player of the tournament. Moeller couldn't compete in the 1998 All Military Tournament because he was not in a permanent duty status at the time.

The head coach in charge of the All Military Tournament, Rob Herman, remembered Moeller from 1997 and invited him to compete in this season's All Military Tournament.

"I've always supported Navy sports," said MM1(SW) Knut Hoelstad, a native of Seeley Lake, Mont. Hoelstad is Moeller's divisional leading petty officer and work center supervisor. "He has great skills. Anyone with talent should take an opportunity like this. I think he deserves it."

"He's a good over-all Sailor and a good guy. I think he will represent the Navy well and I think he will make it to the Olympic team. I told him when he gets to the Olympics to send a picture of the team back and we'll hang it in the office."

"It will be nice to say we know someone in the Olympics," said MMC(SW) Allen Anderson of Bremerton, Wash. "If anyone could make it to the Olympics, he could. It's sad to see him go because he was such a good asset to us. But it would look great for the Navy to have a Sailor in the Olympics."

Story by JO2 Andrew Garten, USS *Carl Vinson* (CVN 70) public affairs.

By Master Chief Petty Officer of the Navy  
MMCM(SS/SW/AW) Jim Herdt

## Speaking with Sailors

The following questions were taken from a recent all hands call at Naval Air Station Ingleside, Texas.

**Q: Why does it take so long to receive payments from our GI Bill?**

A: Unfortunately, the system is slow and not easy to fix. It is being worked on. The good thing is most educational institutions understand this and are willing to work with you.

**Q: Why is it so hard for GENDETS to strike out of their divisions? It seems to be especially difficult for seamen.**

A: The problem goes back to manning shortages. Each command is a little different, but as manning shortages dissipate, this will change. Unfortunately, it will not happen overnight.

**Q: How is the new FITREP/Evaluation system working?**

A: It's doing well – as we expected. Working groups have met annually and will continue to do so to improve on the system and address any concerns. Changes from the most recent working group include lifting the requirement for closeout evaluations on E-1 to E-5 personnel and the mandatory requirement to place Sailors with an approved resignation/Fleet Reserve/retirement request in a separate sub-category. Overall, I believe we are where we wanted to be.

This final question was taken from an all hands call at Naval Hospital Corpus Christi, Texas.

**Q: Where are we headed with homebasing?**

A: Wherever I go in the fleet, I get asked this question. Perhaps it would be easier for me to explain homebasing by first telling what it is not, instead of what it is. Homebasing does not guarantee a Sailor will spend 20 years in one geographical location. Most Sailors who homebase should expect to do at least one tour, if not two, away from their homebase location. The reason for this is that we have many billets located in the heartland and overseas. Also, your ability to homebase depends on your rating. Not every rating is able to homebase in every fleet concentration area. Fleet manning is and must remain our No. 1 priority.

*Speaking with Sailors* is a monthly column initiated by the Master Chief Petty Officer of the Navy as a way of reaching out to the men and women of the fleet, whether they are stationed just down the road or halfway around the world.

Photo by JO1 Robert Benson





# Around the Fleet

## TIME CAPSULE

Fifty years ago, the May 1949 issue of *All Hands* also looked at the Navy's sportsmen – among other things.

**Sports Shorts:** The All-Navy All-Star basketball team for 1949 was selected. The All-Navy baseball tournament – the “Sailor World Series” – was scheduled for the week commencing Sept. 11, 1949. Two Sailors set the new Navy free throw record, and the Navy Yacht Team entered the Trans Pacific Ocean Race from San Pedro, Calif., to Hawaii.

In other sports news, five of eight All-Navy Wrestling titles went to West Coast Sailors, while on the East Coast the Norfolk Flyers captured the All-Navy Basketball crown.

**Through rain and snow:** “Now hear this: All division mail petty officers lay down to the post office and pick up mail.” A familiar sound? In the days before postal clerks, approximately 800 telemen (TEs) delivered mail to anxiously awaiting Sailors.

**It's a plane:** An *All Hands* staff writer flies on the Navy's *Constitution*, the largest commercial-type airplane in the world, on a cross-country run from Washington, D.C., to San Francisco. Weighing in at 92 tons, “She flies just like an overgrown fighter,” said LCDR L.R. Burnette, one of her four pilots.

**Silver anniversary:** The Great Lakes *Bulletin* continues to pass the word along to the 20,000 bluejackets stationed at Naval Training Center, Great Lakes, Ill.

**New hardware:** The light cruiser USS *Roanoke* (CL 145) is commissioned at the Philadelphia Naval Yard. The 14,700-ton vessel carries 12 six inch guns and is named for Roanoke, Va., the birthplace of Secretary of Defense Louis Johnson.



## New Age JASS

The Joint Advertising and Selection System (JASS) is being called the “future of enlisted detailing” by the Bureau of Naval Personnel (BUPERS). In the two years since its introduction, JASS has leveled the playing field for Sailors up for orders, giving them a full view of all available vacancies in every rating and eliminating much of the anxiety surrounding detailing.

But teaching 320,000 Sailors how to use a new system is no easy task, so BUPERS is sending a three-person team to Navy bases worldwide. The team will teach senior Sailors what JASS can and can't do, and how they can maximize its benefits for their junior Sailors.

“JASS allows us to ‘batch detail,’ which lets the Navy optimize a Sailor's skills, improve readiness throughout the fleet and save the Navy money,” said LCDR Steven Benner, the Engineering and Hull Assignments Branch head at BUPERS.

The way JASS works is simple: Every three weeks, BUPERS makes a new batch of requisitions available to command career counselors (CCCs) worldwide listing all projected billets for all ratings in the coming nine months. These billets are listed by priority, with information included about location, type of duty, etc. If a Sailor is interested in a particular billet, he applies for the job by filling out a form, which the CCC submits to the detailer. The

detailer looks at the pool of applicants, considers any special circumstances and issues orders to the best-qualified Sailor.

Detailers have many criteria to determine who is most qualified for a billet. For example, if two fire controlmen are applying for the same billet on a cruiser and one has a Navy Enlisted Classification (NEC) that would be desirable for the billet, and the other does not, the orders will usually be written for the Sailor with the NEC.

“Every enlisted rating is now part of JASS except special programs, so all Sailors should get their next orders through JASS,” Benner said.

Story by JO1 Mike Morley,  
USS Kitty Hawk (CV 63)  
public affairs.

## 1999 Blue Angels Marathon

Under sunny skies, 1,057 runners recently ran the 16th Annual Blue Angel Marathon. Naval Air Station Pensacola, Fla., home of the “official marathon” of the U.S. Navy, attracted runners from coast to coast and several countries.

The overall male winner with a time of 2:26:36 was Rudolf Jun of Fort Walton Beach, Fla. The top female winner was Sarah Kramer of Fort Walton Beach, Fla., with a time of 2:56:07. The wheelchair category was won by Raphael Ibarra of Mandeville, La., with a time of 2:21:41.



**N**aval Station Rodman was not your average naval station. Instead of ship-lined piers, miles of tarmac and towering buildings on every street, there was a more serene feeling of swaying palm trees and lush foliage. The weather was rarely poor and the atmosphere of the base was calming. The Navy has been in Panama for more than 100 years and in late April 1999 the last U.S. Navy Sailor passed through the gates of Rodman Naval Station. This came as a part of the implementation of the Panama Canal Treaty of 1977.



U.S. Navy Photo



U.S. Navy Photo

school has been established in the United States.

The lush greenery and tropical climate made Rodman a great place to be stationed. "Panama must be one of the Navy's best kept secrets," said LCDR

*USS Missouri (BB 63) transits the Gatun Locks of the Panama Canal, Nov. 18, 1944, on the final leg of an around-the-world shakedown cruise.*

*(opposite) USS Memphis (ACR 10) transits the Panama Canal, circa 1916 with assistance from the tug Mariner.*

## Rodman's Closure

# IS FAR REACHING

By JO1 Michael J. Viola

The treaty, which mandated the transfer of all land currently used by U.S. Forces to the government of Panama not later than Dec. 31, 1999, took effect in April for the naval station. "U.S. Forces had a plan since 1992," explained Nancy E.B. Trotter, director, Treaty Implementation Office and executive director of NAVSTA Rodman. "Many changes occurred since the initial plan – there were accelerations, increases and decreases in personnel and a variety of property transfers, some on schedule, but mostly ahead of schedule. This has been a long road, but I feel we are ready."

Ready indeed. The 56-year-old base was once the Navy's hub in Central America. At its peak in the 1960s, Rodman had hundreds of Sailors on its staff. Rodman was located at the Pacific side of the Panama Canal and was used as a layover for U.S. Navy ships in transit of the Canal.

"Ships with medical needs beyond their capability would send their people ashore to one of our military hospitals," said Hospital Corpsman 1st Class Nelson Fox, medical liaison, NAVSTA Rodman. "Now that we are closed, ships will either have to go through the Embassy or wait until they reach their destination." In FY98, more than 10,000 Sailors visited Rodman on 28 ships.

Rodman was more than just a waystation for ships between ports. This naval station was home to U.S. Naval Small Craft

Tim G. Szymanski, commanding officer of Special Boat Unit (SBU) 26. "This climate makes for great training. The local people are friendly and since this is our theater of operations, it's invaluable to be able to train right on the canal." Right down the road from SBU 26 is Naval Special Warfare Unit (NSWU) 8.

The two teams work closely with each other. "One of our jobs in this region is to patrol the Canal for drug interdiction operations. It is definitely a benefit to be on the same base and right in the middle of the action," said LCDR Edward G. Gallrein, executive officer, NSWU 8. "We train and work closely with the boat unit which leads to a more cohesive team."

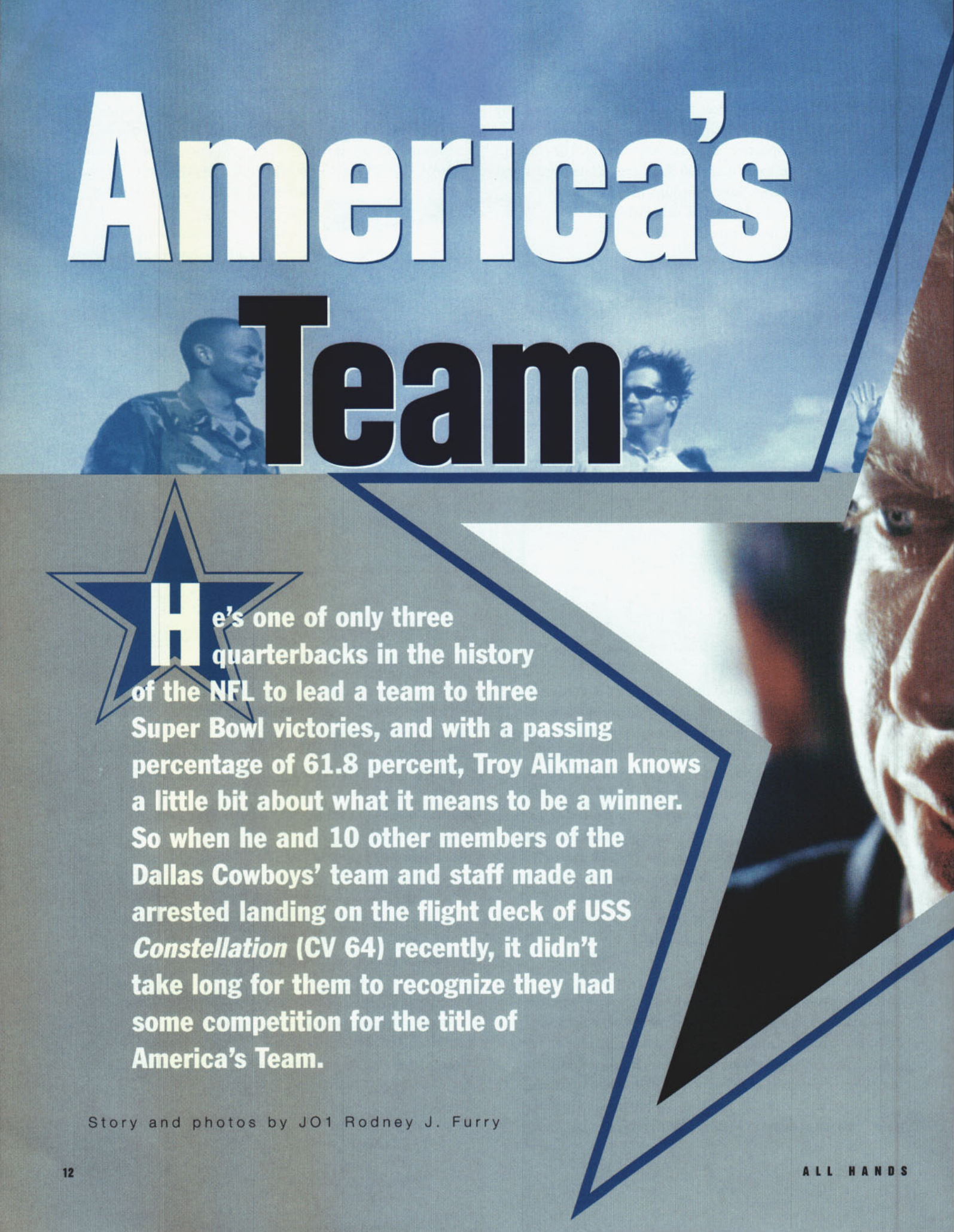
Szymanski explained that the two teams have decommissioned. But the jobs have remained the same – just less convenient. Instead of having a permanent team in Panama, SBU 22, homeported on NASA Base Stennis, Miss., and NSWU 4, homeported in Norfolk, will deploy regularly to this region.

Despite Rodman's closure, the Canal will still be a vital asset to the world. Since the Canal opened in 1914 more than 700,000 vessels, from every nation in the world, have passed through its locks.

*Viola is assigned to the CINCLANTFLT public affairs office.*



# America's Team



**H**e's one of only three quarterbacks in the history of the NFL to lead a team to three Super Bowl victories, and with a passing percentage of 61.8 percent, Troy Aikman knows a little bit about what it means to be a winner. So when he and 10 other members of the Dallas Cowboys' team and staff made an arrested landing on the flight deck of USS *Constellation* (CV 64) recently, it didn't take long for them to recognize they had some competition for the title of America's Team.

Story and photos by JO1 Rodney J. Furry



A blue-tinted photograph of several Dallas Cowboys players on the deck of the USS Constellation. One player in the foreground has his arm raised in a celebratory gesture. The background shows the ship's structure and a cloudy sky.

# ***GETS UNDERWAY***

The Dallas Cowboys get a  
look at how the U.S. Navy  
stays sharp and fit aboard  
*USS Constellation.*





Troy Aikman watches as *Constellation* aircraft are catapulted off the deck during flight operations.



With a heavy schedule of flight operations in full swing for most of their overnight stay on *Constellation*, the Cowboys got a close-up look at the Navy's idea of endurance training.

"It's hard for me to relate to what these [Sailors] go through," Aikman said. "With all of the activity of just getting around the ship, it's given me an entirely new perspective on how fit Sailors are." After several trips up and down *Constellation's* 17 stories of ladders, even the Cowboys started to show a little wear and tear.

During their 24 hours aboard the ship, they watched Sailors working in full underway tempo, and marveled at the grueling schedules they kept. As professional athletes, Aikman and his teammates have the luxury of multi-million dollar facilities and a staff of trainers and coaches focused on keeping them in top physical condition. So when they experienced the dedication displayed by a group of Sailors during a visit to *Constellation's* aft gym, they couldn't help but express awe at how the crew finds time for physical fitness.

"From what I've seen on the flight deck, Sailors get a fair amount of exercise

just doing their jobs and moving around the ship. Whatever they can do to supplement that here in the gym seems to be doing a pretty good job," Aikman said.

Dallas defensive tackle Chad Hennings, a 1987 Air Force Academy graduate who served a four-year commitment as an A-10 pilot before joining the Cowboys in 1992, is no stranger to the rigors of military life. But as he and tight ends David LaFleur and Eric Bjornsen stood on the landing signal officer's platform watching a wave of aircraft recoveries he was impressed by the

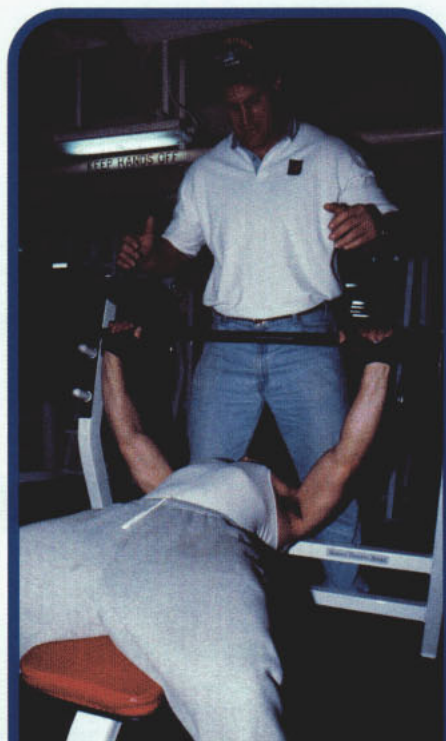
endurance of the swarms of flight deck Sailors.

"I'm [amazed] at the number of hours these guys work and still find time to work out," said Hennings. "The amount of energy they seem to have despite their hectic work schedules is amazing."

Though weight training is important to a football player as a means of maintaining strength and weight, Aikman suggested that some kind of endurance training would fit best in the underway environment aboard a ship.

"If I were to find myself working in an environment like this, I would probably just try to do some cardio-vascular training, or something like that, just to keep myself in some kind of good shape," he said.

Hennings added, "Being a pilot myself, I know the importance of maintaining a good anaerobic routine, so that my body is strong enough to handle the G-forces of jet flight." At 6 feet, 6 inches, and weighing in at almost 300 pounds, Hennings knows how to intimidate quarterbacks, and he knows his way around a



AN Alfredo Fletcher gets a spot on the bench press from Cowboys' Defensive Tackle Chad Hennings.

Known for their dexterity, the Cowboys manage to eat *and* sign autographs during a lunch break in the Chief's Mess.

ALL HANDS





Chad Hennings eats breakfast with a group of Sailors on *Constellation's* mess decks.

pile of weights. So when a Sailor asked him for a spot on the bench-press, he didn't waste any time lending a hand.

"This is a great looking gym. I like what's available here, but naturally, I would like to see more weights. You can't have too much when it comes to fitness facilities," he said.

The combined weight of the visiting football players added an extra 2,000 pounds to *Constellation's* payload, and with that much muscle to feed, it was only a matter of time before they found the mess decks. Though sliders (hamburgers) were a big hit with the Cowboys, Aikman was quick to point out that nutrition is important to a serious physical fitness program, and if you subscribe to his philosophy, it doesn't take a rocket scientist to eat the right

foods.

"I don't really study my nutrition all that hard. Some people get into the science of it, like how many carbohydrates and proteins they're eating, but I don't really believe in all of that. I just try to avoid the foods that I know are bad for me and eat the stuff that I know is good," he said. He went on to describe how to use common sense in your diet.

"People know what's healthy and what's not," he said, "Just avoid the obvious things like fried foods and things of that nature and you'll be fine."

Hennings offered his vote of approval for the variety of healthy foods he found on the mess decks and added that it was impressive in light of the numbers they serve every day.

"I saw a really good balance of nutri-

tion in there, and they have a very efficient system for feeding so many people. Obviously, they've had more than 50 years to perfect it," he said.

Aikman added that it was a good thing they were getting in a few good meals as the Cowboys were about to get back in the gym to tackle a pretty intense weight-training program after a short post-season break. So, with a new perspective on how the Sailors aboard *USS Constellation* eat and stay fit, the Cowboys took one last offer of the crew's hospitality and accepted a 130-miles-per hour catapult shot into a winning 1999 season.

*Furry is a San Diego based photojournalist for All Hands.*







The cowboy must wrestle this calf down and tie it up as part of the competition.



Marine Corps Sgt. Randy Kuker, with Headquarters Marine Corps, Washington, D.C., gets thrown off a bucking bronco at the Military World Rodeo finals at Camp Pendleton, Calif. He walked away unscathed.



# D



Story by JO1 Rodney J. Furry  
Photos by PH2 Aaron Ansarov



Rodeo clowns help a limping rider out of the arena.

**T** rue Sailors, the ones with brine running through their veins and harrowing sea stories running in their heads, get excited at the smell of the sea. One whiff of a cool ocean breeze and they get that misty, glazed look in their eye. Even though their body may be shackled ashore, their mind is surging through distant swells.

The funny thing is that for many Sailors, the smell of dirt and leather, and the feel of a wooden fence rail have the same effect. For them, a dusty rodeo arena is like perfume.

"I would say it has consumed me. It's an addictive lifestyle, whether it's the friends I've made on the rodeo circuit, or

the feeling of being dead tired on a long road trip home after a show," said Construction Mechanic 3rd Class Albert Sanders, a champion bull rider and "chute dogger" attached to Special Boat Squadron 1, Coronado, Calif.

Since 1989, the Military Rodeo Cowboys Association (MRCA) has been feeding the addiction of cowboys and cowgirls serving in the military worldwide. At last year's MRCA World Finals Rodeo, Sanders, 27, showed the world that the Navy rides more than just waves when he captured the title of All-Around MRCA Champion. Not bad for a guy who met his first bull close-up only two years ago.

Growing up in rural Olalla, Wash., Sanders earned his money working on neighboring farms where he built up his sturdy frame by baling hay and tending herds of cattle. Though he worked with cattle, the dream of riding bulls in the rodeo seemed like somebody else's good fortune.

# Own and Dirty





This cowboy looks confident as important last-minute preparations are made. The saddle has to be tight so the rider has better leverage during the ride.



"I watched it a lot on TV as a kid, and always thought it would be fun to do, but I never thought I'd get the chance," he said. He finds it funny that enlisting in the Navy gave him the chance to fulfill his dream.

During a tour in Gulfport, Miss., with Naval Mobile Construction Battalion 1, Sanders used to watch one of his fellow Seabees tame the rodeo addiction at a local arena. It wasn't until he transferred to California that another friend would introduce him to the lifestyle. Looking down into the chute and preparing to

climb onto that first bull offered no preview of his fate as a champion, but it did reveal personality traits he didn't know he had.

"I call myself an idiot, because when I first laid eyes on that bull up close I had no fear. I wasn't scared even though I should have been. Luckily it worked out," he said.

Though the bull ended up getting the upper "hoof" at that first meeting, the seed was sown, and Sanders was hooked.

Physically, he's big for a bull rider at 6 feet, 1 inch and 225 pounds. In fact, he's

these bulls, because they're very smart. Lots of competition bulls are experienced and know what they're supposed to do when they come out of that chute. They learn how to throw riders," he said.

In fact, the sport requires a healthy respect for the bull's brains as well as its size. It's been said that a bull named Red Rock was so smart, he could tell which hand the cowboy was using to hold the rope, and would buck the opposite way where a cowboy's balance is weakest. The best way to ride a bull, according to Sanders, is with a combination of solid physical and mental training. The intensity of those few, short seconds he spends on the bull's back requires a cowboy to have good flexibility and a keen ability to rely on the muscle memory acquired through training and experience.

"You don't ride a bull consciously," he said. "You ride 'em subconsciously, kind of like being in 'the zone.' I'm a firm believer that once you open the chute gate, you have two things working for you — your unconscious mind and God's will," he said.

He lowers his gaze humbly every time he hears himself referred to as a champion. Obviously, he was taught the dangers of excess pride and he wears his title well. But it's also obvious that since he first bolted from the chute, he's been on a bucking freight train to success in the rodeo world.

Calling on one of his mom's favorite lessons, he said, "I never go a day without learning something new and improving myself. Because once you've learned it all, you might as well be dead." With that philosophy in mind, he's not too proud to admit that he's got his sights on more titles. But with a mischievous smile he confessed that what would really satisfy him is to out-ride his best friend and fellow cowboy, Chris Franklin.

*Furry is a San Diego-based photojournalist assigned to All Hands.*

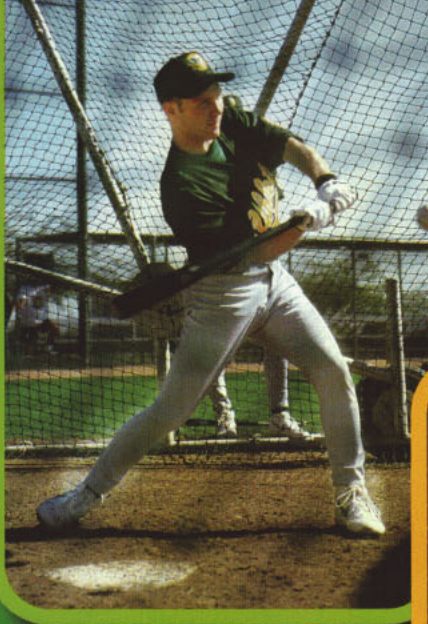


Intense focus is important when competing, because letting go at the wrong moment could be catastrophic.

better equipped physically for his specialty in chute dogging. But for this spirited cowboy, nothing can compare to that 8-second ride on a 2,000-pound powder keg of raging fury. But this isn't a sport for crazies.

After a pause for thought, his voice expresses the respect he has for the struggle that happens between man and bull. "You can't play mind games with





Above: AW3(AC) Billy Ray Watkins of Memphis, Mo., takes batting practice at the Oakland A's spring training facility in Phoenix.

Below: PN3(SW) Mark E. Probst of Fresno, Calif., is critiqued by Anaheim Angels' bullpen/workout coordinator Mick Billmeyer.



Above: Watkins warms up with A's players before workouts.

# Fantasy

## Watkins Takes a Whack at the Big Leagues

As an anti-submarine warfare systems operator aboard USS *Dwight D. Eisenhower* (CVN 69), Billy Ray Watkins has a job that comes with its own unique pressures. Working in the ship's ASW module, this 3rd class petty officer is part of the team that coordinates search and rescue missions for "Ike."

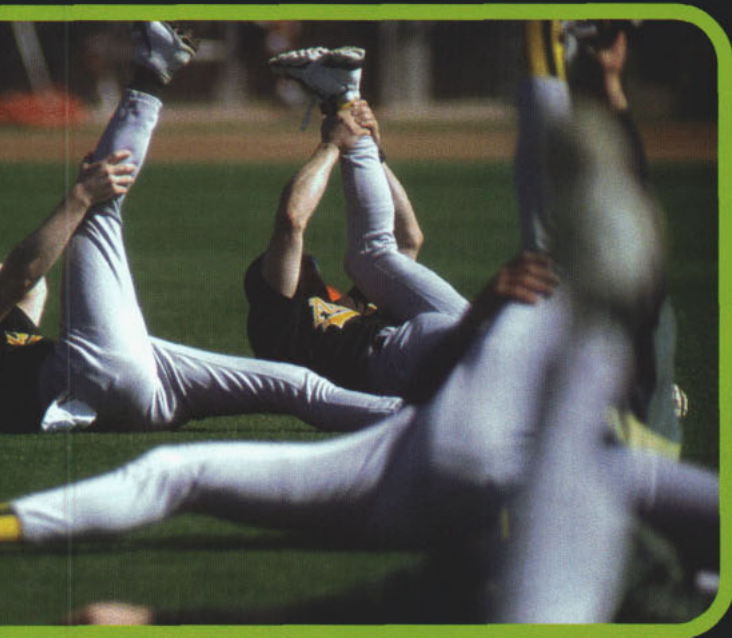
Whether riding in the helicopter with the SAR crew or plotting and tracking in ASW, they are responsible for making sure that the operation runs smoothly. The team also tracks submarines. That requires in-depth knowledge of sonar and weapons systems. It makes for a full day.

Recently, Watkins was a member – if only for a day – of a different kind of team facing a different kind of pressure. He donned the green and gold of the Oakland A's and stepped in the batter's box to face a 90 mile-per-hour fastball.

Last December, A's pitchers Gil Heredia and Mark Holzemer visited USS *Constellation* (CV 64) and they came away with a great amount of respect and admiration for the men and women of the U.S. Navy. To show their gratitude, the As offered to make a Sailor a major leaguer for a day during spring training. Watkins, a native of Memphis, Mo., was selected to represent the Atlantic Fleet after having recently returned from a six-month Arabian Gulf/Adriatic Sea deployment. So he got on a plane to Phoenix, Ariz., for a day of workouts at the A's spring training facility.

When Watkins arrived, Heredia and Holzemer escorted him to the A's clubhouse where he found his own locker outfitted with a complete A's uniform. After suiting up, he met manager Art Howe and the rest of his new teammates. Finally, it was time to take the field.





## Probst's Passion Plays Out in Arizona

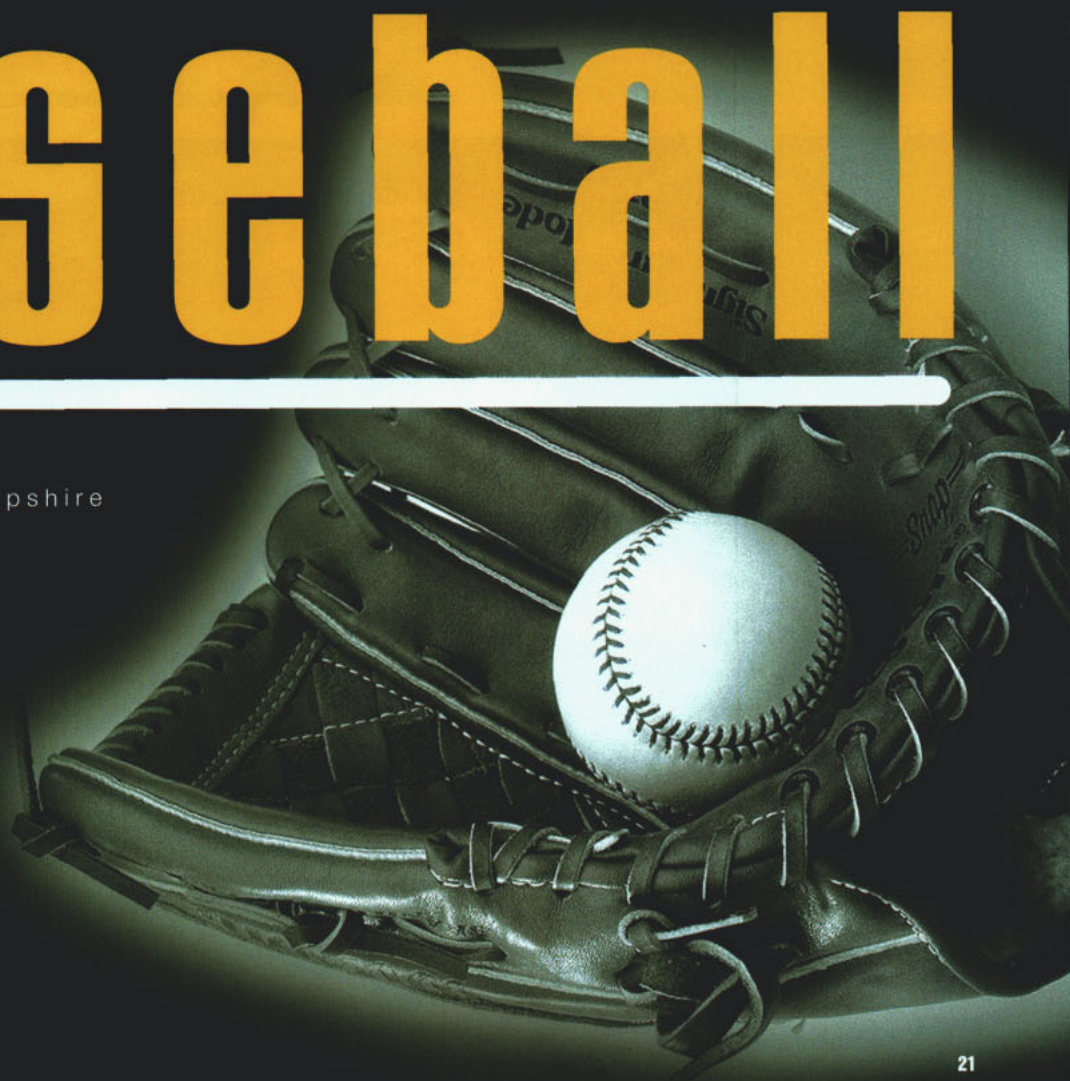
Taking a break from his usual duties in the ship's office aboard USS *David R. Ray* (DD 971), Personnelman 3rd Class (SW) Mark E. Probst spent a recent weekend pursuing one of his life's passions: baseball. He didn't just have a catch with a friend or head to the local batting cage. Probst took the field with former American League MVP Mo Vaughn as the guest of the Anaheim Angels at their Tempe, Ariz., spring training facility.

Never mind that Probst had not played any organized ball in more than three years. After pitching for Sacramento City College and Merced College, both near his hometown of Fresno, Calif., the young right-hander was forced off the mound by chronic tendonitis in his pitching elbow. After enlisting in the Navy, he stayed in shape playing softball and flag-football. Then came the call to go to the big leagues.

# Baseball

Story by JO1 Ron Schafer

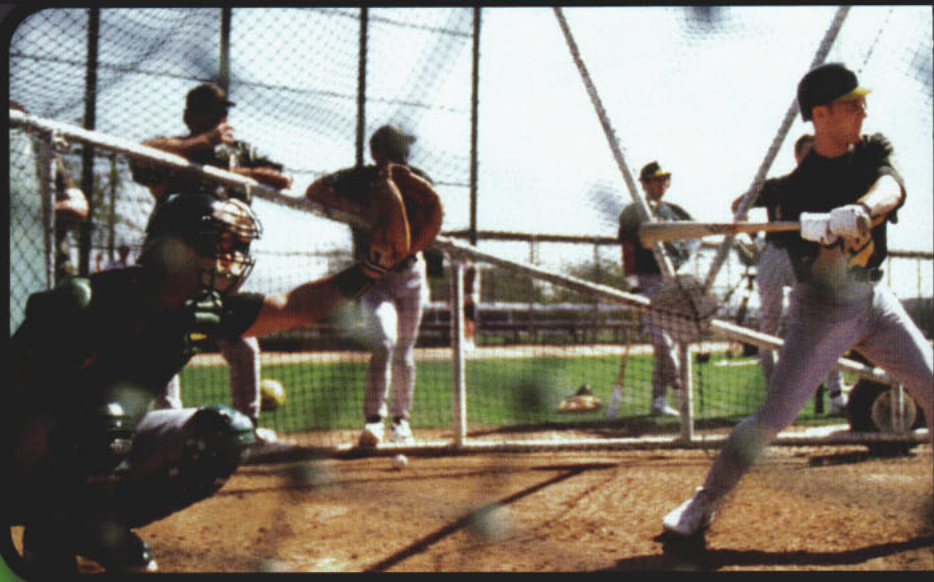
Photos by PH1 James Hampshire







Above: Bob Alejo (left), the A's strength and conditioning coach, brings Watkins up to speed during morning exercises. Watkins was treated just like a rookie, and even got some good-natured ribbing.



Right: Watkins faces off against A's left hander Mark Holzemer.

After making an off-season visit to USS *Constellation* (CV 64), Angels outfielder Jim Edmonds, infielder Troy Glaus and pitcher Troy Percival returned home impressed with the carrier's crew. Returning the favor, the Angels invited the Navy to send one of its Sailors to Tempe to work out with the ball club. Probst was selected from among a talented group of Pacific fleet Sailors and, before he knew it, was on his way to "the Show."

Arriving at camp, Probst suited up and met Angels' outfielder Tim Salmon, whom he shadowed during the day. Probst stretched and warmed up with the team, shagged fly balls, ran drills with the Angels' corps of outfielders and took batting practice with manager Terry Collins serving as pitcher. Collins had recently flown with the Blue Angels, the Navy's precision flight demonstration team, and said the discipline required to play at the major league level is very similar to that displayed by Sailors every day.



Probst pitches in the Anaheim Angels' bullpen. Probst, the "Major Leaguer for a Day" assigned to USS *David R. Ray* (DD 971), spent the day working out with the Angels at their spring training camp in Tempe, Ariz.

"Certainly, we don't do it on the same scale as the military," Collins began, "but you have to have self-discipline. You've got to have players who are willing to pay the price. It's easy to lead them and point them in the right direction, but now they have to get it done. The other similarity is teamwork. Teamwork is what it's all about and it starts from the lowest level. That's what Mark saw here. We've got 65 guys in camp out here all working together for one goal: to be the best. That's certainly the same thing the Navy tries to do.

Later in the day, Probst got the chance to take the mound in the bullpen under the tutelage of veteran pitching coach Dick Pole. Pole, who has worked with pennant-winning ball clubs and Cy Young award-winning pitchers, was impressed with Probst, saying he wouldn't have been surprised to find out that he has played in the minor leagues.

"I was pleasantly surprised at how well he threw," said Pole. "Sometimes when you do things like this, you're a little skeptical, but he threw pretty well. He's got a nice slider, he really



Holzemer was ordered to come with his best stuff. Watkins held his own, even after breaking his bat on a couple of pitches inside.

One interested observer was A's Utility Man Tony Phillips. A veteran of 15 major league seasons, Phillips has seen players come and go but this player had his No.6 on the back of his jersey. Phillips had concerns as to whether or not the young Ike Sailor could live up to that number's reputation which, he said, Watkins quickly laid to rest.

"He held up pretty good. He's a trooper," said Phillips. "He got busted in a few times. He didn't really rub his hand though, he just shook it off. I won't be disappointed to wear number '6.'"

The idea, according to A's manager Art Howe, was to put Watkins through the same workout as the rest of the team, while allowing him the opportunity to enjoy himself, an attitude Watkins' new teammates picked up on themselves.

"The guys had fun with him today," Howe began. "They welcomed

him and let him be part of the action. It's always fun to see somebody come in and try to work out with the guys. He looks like he's a pretty good athlete."

"He held up pretty good out there," said outfielder Ben Grieve, the 1998 American League Rookie of the Year. "He seemed like he was a little nervous, but after he got going, he calmed down and did all right."

"He fit in well with us," First Baseman Jason Giambi said. "I hope he had fun. It's a rare opportunity for somebody to get a chance to go out there. He put the ball in play against a major league pitcher. It was pretty impressive. He was a good sport about everything."

Good sport indeed. After his day as an Oakland Athletic, Watkins had no trouble expressing his excitement regarding what it felt like to live out a fantasy.

"Amazing," he said. "It's just unbelievable because it's the chance of a lifetime that not everybody is going to get and I'm proud to have that opportunity. Being able to meet all the players, I felt like a little kid, I was all giddy. But being able to wear that uniform because I'm representing *Eisenhower* was an honor. That's the only word for it, an honor."

*Schafer is a Norfolk-based photojournalist for All Hands.  
Hampshire is a photojournalist for All Hands.*



Probst (right) waits for his turn in the cage.

does. I know he's going to be a little stiff and sore tomorrow because he put a lot of effort into it."

Pole wasn't alone in his praise for Probst's performance, including some words of encouragement from a Hall of Famer.

"He's just moving around too much and his timing is off," said Angels hitting instructor Rod Carew after watching Probst in the batting cage. "I was trying to get him to just slow himself down. He's trying to get his body going to the ball too much. He just

needs to stay back a little bit longer and use his hands. He looks like he's an athlete though. If he ever starts playing again and gets his timing down and fine tunes his swing, he'll be OK."

"I thought he was very good for a guy who just came out and took the field with a bunch of big leaguers," said Vaughn, who was signed as a free agent from Boston last November. "I'm sure there was a lot of pressure out there on him. I'm sure he wanted to be successful. He knew what he had to do out there. We get to see another side of an individual and he gets to see another side of us. So, it was definitely a good time."

In the clubhouse, as the day's events began to sink in, Probst reflected on his stint as a major leaguer. If only up long enough for a cup of coffee, the experience left a lasting impression.

"It was unbelievable!" he exclaimed. "You try and project what you feel it's going to be like to play with major leaguers and it's even better once you get out there. You're just in awe hitting in between Mo Vaughn and Tim Salmon in the batting cage. Rookies who spend four or five years in the minors who make it up to do that are in awe. And I'm just a guy stepping in there, it's just awesome. I'm pretty hard on myself but, for being as rusty as I was, I felt like I did pretty good."

*Schafer is a Norfolk-based photojournalist for All Hands.  
Hampshire is a photojournalist for All Hands.*



Story and photos by JO1 Robert Benson

# The Best vs. the Rest

A Case He Can't Lose: HM3 Kevin M





Guilty. Guilty as charged.

We the people, find Hospital Corpsman 3rd Class Kevin Montford – Olympic hopeful, member of the World Class Athlete Program – guilty of conspiring to become one of the best triathletes in the world; guilty of qualifying for higher learning at the Olympic Training Center in Colorado Springs, Colo.; and guilty of training full time, while still in the Navy, for the Sydney Olympics in 2000.

Exhibit A: a collection of 12 matched running shoes, nestled neatly in a three-tier shoe rack by the back door of his home. Turn a pair over for inspection and you'll see the damning evidence that proves he's trying to better himself in unorthodox ways: rubber soles worn heavily, the result of running 40 miles a week. Some have needles stuck to the soles – needles belonging to the local Colorado Blue Spruce trees. He's been running in the mountainous backwoods area north of Colorado Springs. Please note that the shoe laces aren't tied in knots; they're secured with special quick-release plastic snap fasteners, allowing him to put them on and "tie them up" quickly. The shoes are all size 11.

## Montford vs. Everyone Else



Exhibit B: a black carbon fiber bike. Please note for the record the sweat stains on the handlebar tape. The remnants of last Monday's 100 mile training ride up Pike's Peak? Maybe it's left from Tuesday's time trial, when he sprinted a whopping 40 kilometers in less than 50 minutes.

Also, note for the record that his bike weighs only 17 pounds. This ain't your daddy's Schwinn; this is a weapon of war.



Exhibit C: a picture of the accused winning a race. It's mounted on the wall by his bed. Right next to the oar he used while in competitive outrigger rowing, and adjacent to the French cycling and pentathlon posters he picked up while attending high school in France.

Exhibit D: a kitchen cabinet full of food supplements and multiple boxes of nutrition bars. There's also a round case of red powder and a tub of green stuff, which we suspect, your honor, is mixed with water to make a potent carbohydrate cocktail. Look at what this guys eats, wild rice, chicken breasts, pasta, vegetables, fruits...

from daily shavings. And his dirty blonde hair hints that much of his life was spent outdoors or in chlorine spiked pools.

*Does the accused have anything to say?*

"I'm always thinking about my goal. I know my competitors aren't taking the day off, and that's what motivates me to keep training hard."

That's the way he's always been though. Montford was raised in Panama City, Fla., and during his teenage years he moved to France as an exchange student where his fitness lifestyle began. He cycled in the Pyrenees Mountains with some of the country's top cyclists. He became active in

Hawaii. He was the youngest competitor in a field of more than a 1,000. He finished in a little more than 10 hours - very fast for the course.

After joining the Navy, Montford took a few years off from triathlons so he could concentrate on his schooling and fulfilling a goal: becoming a SEAL. "I went to Basic Underwater Demolition School (BUDS), but at the same time I heard triathlons were going to be permitted in the Olympics. I knew I wouldn't be able to train for triathlons and compete as a SEAL, so I withdrew from BUDS and focused on triathlons."

**Right:** On foul weather days, Montford will set up his wind trainer and pedal for an hour or longer. He says the excitement of biking indoors doesn't match the outdoor workout, but at least indoors, "I have a TV and VCR to keep me occupied."

**Center:** In the backwoods near his home in Colorado Springs, Colo., Montford runs mountainous trails, reaching elevations of more than 7,000 feet.



Exhibit E: a packed travel bag with cycling jerseys, spare tires, biking shoes, etc. There's a handwritten travel itinerary. It reads: "February - race in Antofagasta, Chile. March - race in Sao Paulo, Brazil. Late March - race in Capetown, South Africa. April to June - live and train on the Gold Coast of Australia.

And finally, exhibit F: Mr. Montford himself. Take a close look your honor. The 6-foot, 172-pounder is a 25 year-old who checks in with a body fat percentage lower than his shoe size. His legs are smooth

rowing and pentathlon. To "fit in" in high school, he joined a sport he thought he would be good at: swimming.

Some of his teammates from the swim club participated in triathlons and invited him to watch. Observing those races from the sidelines as a green 17-year-old he thought, "I can do this." So he gave the triathlon a try, and immediately started winning races.

When he was 19, he competed in the Hawaiian Ironman - a hellish, grueling, 142-mile triathlon on the Big Island of

At his next duty station, Naval Hospital Twenty-nine Palms, Calif., the triathlon bug again bit him hard. "The staff at Twenty-nine Palms was very supportive. They let me train a lot. They gave me no-cost TAD orders to races across the nation." Command officials even gave him two months off to train for the 1998 Hawaiian Ironman.

And train he did. Inhumane training. Obsessive-compulsive training. Forty hours a week. Eight hours a day. Nearly 400 miles of biking, 50 miles of running



and 40,000 meters of swimming per week, every week. His body became cut, his mind sharp. Deeper and deeper into his fitness quest he delved.

He became involved in pentathlons. He competed in military sporting events around the world and was quickly named the Navy Pentathlon World Champion – a title he holds today.

He even did what many consider the unthinkable: the 350-mile Eco-Challenge in the barren wasteland of the Utah countryside. “The Eco-Challenge was the hardest thing I had ever done in my life. It took our team seven days to complete the

Montford got his wish of training full time in the end, and was able to stay in the Navy thanks in part to Kara Losz, assistant director of Navy Sports in Memphis, Tenn.

Losz and her staff took notice of Montford’s impressive resume and persuaded him to stay in the Navy. Her staff enticed him further by forming what the Army and other services already had – the World-Class Athlete Program, although on a much scaled-down basis.

So in early December of 1998, Montford packed his three bikes and other belongings, and moved to the place in the mountains where some of the

July and the Olympics in September.

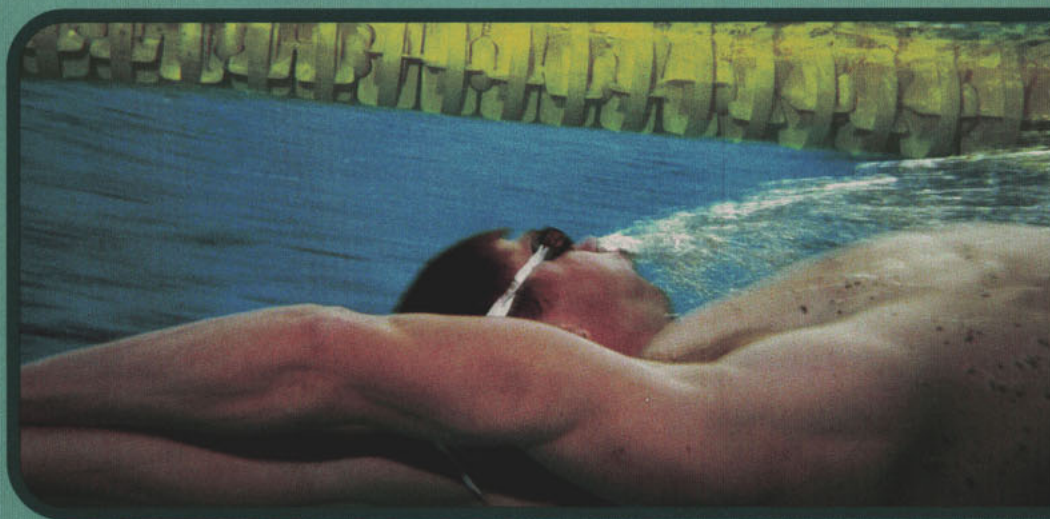
“To qualify, you have to be ranked in the top 125 in the world by May 2000. I definitely think I can do that.”

Montford has already scored many win points, most coming from 1998 races. He was the overall winner at the Yuma triathlon. He was the amateur winner at the USTS Phoenix triathlon. In the Gulf Coast Half Ironman, he was the winner in his age group. At St. Anthony’s he was the winner in his age group. Memphis in May: 2nd in age group. USTS National Championship: 2nd overall amateur. Hawaiian Ironman: 3rd in age group. Military World Championships: 2nd American finisher. USTS Oceanside: 4th place finish. Armed Forces Championship: 2nd overall.

At all those races he wore a cycling jersey with the word “Navy” printed on it.

“People always see my jersey,” says

Montford swims 35,000 meters every week at the Olympic Training Center.



350-mile race. It involved mountain biking, horseback riding, running, climbing, canoeing and hiking. We didn’t sleep at all for the first two days and then only two hours every other night after that. It was a lot of fun.”

The “fun” almost came to a screeching halt in early 1998, when Montford nearly left the Navy to join the Army. “At the time, the Navy didn’t have a World Class Athlete Program, but the Army did,” he recalls. “If I joined the Army, I would have been able to train full time at the Olympic Training Center in Colorado Springs.”

world’s best athletes converge for life-changing experiences.

He turned in his amateur card and went pro. He hit the race circuit, accumulated money from wins and the all-important points. Points that, when Olympic qualifying time rolls around next year, could earn him a slot in the Sydney games if he racks up enough of them.

“My goal is to make the Olympic trials and qualify for the Olympics,” says Montford. “I want to have fun and represent the Navy to the best of my ability. The trials will be some time between May and

Montford. “In the races overseas it gets a lot of attention. People see the jersey and say, ‘Hey, there’s a Navy guy!’” I think it gives the Navy a lot of good publicity.”

*So if you’re ever at a triathlon, and the guy leading the race is wearing a Navy jersey, call out his name. Cheer him on. Get his autograph. Take his photo. Do whatever you need to do to remember the guy because he may very well be the next American Olympic Champion.*

Case closed.

*Benson is a photojournalist assigned to All Hands.*



Story and photos by JO1 Robert Benson

# Elizabeth The First

With one swift kick to the gut, this woman could ruin your day. She could shatter a few of your ribs, cause internal bleeding and make you lose last night's dinner. But you wouldn't know it to look at her.

**H**ospital Corpsman 1st Class Elizabeth Evans is soft-spoken and only 5 feet, 6 inches tall, but rest assured, within her lurks the tenacity of a killer and the heart of a champion – a national champion, that is. Evans is the Tae kwon do Featherweight Champion of the United States. And next year – with a little luck and a lot of hard work – Evans is going to wreak havoc among the world's elite at the 2000 Olympics in Sydney, Australia.

Check out her resume: 3rd Dan Black Belt; Three time U.S. National Team

Member; Four time Armed Forces National Team member; Five time U.S. National Champion; 1994 U.S. Navy Female Athlete of the Year; 1994 U.S. Armed Forces Female Athlete of the Year; 1995 USTU Female Athlete of the Year; 1995 and 1996 USOC Female Athlete of the Year; 1995 U.S. National Team Co-Captain; 1997 U.S. Armed Forces Team Captain...

The accolades go on and on. In the past 10 years, Evans has won more medals than a Soviet admiral.

"Elizabeth is our Olympic hopeful,"

said Han Won Lee, head coach of the Tae kwon do Program at the U.S. Olympic Training Center, Colorado Springs, Colo. – where Evans trains full time. "She is one of the most dedicated and talented athletes I have had the opportunity to work with. She's a no-nonsense competitor and never wastes any time when she's at the gym."

On the wall of that gym, printed on a huge sign, are words from Shakespeare's *Julius Caesar*: "Cowards die many times before their deaths; the valiant never taste of death but once." Evans seems to





Weightlifting is a weekly event in the curriculum of tae kwon do training for HM1 Elizabeth Evans.

## National Tae kwon do Champion Sets Sights on Sydney Olympics



Agility exercises, in song-like unison, are practiced at the Olympic Training Center gym in Colorado Springs, Colo.



live those words as she goes through her drills. With graceful agility she can kick high over her head, she can spin around and unleash a devastating kick in the blink of an eye, and she can throw a punch that seems to pack all her weight: 125 pounds – a weight, incidentally, which is perfect for her featherweight division (107-125 pounds). It seems Evans embodies all the necessary traits for tae kwon do – a Korean phrase meaning “way of the foot and fist.”

Evans knows there's danger in her sport, but it doesn't bother her. She remembers a recent death at a world tae kwon do competition last January where a competitor was kicked in the head, perhaps just a little too hard, and died the next day. “I don't worry about getting hurt. If I did, I wouldn't compete. And really there is no pain from the kicks when you're in shape.” To soften the blows, competitors wear safety padding on fists and feet, and impacts are “pulled” to avoid injury.

Evans gets hit repeatedly during a typical day at the Olympic Training Center. A day usually begins at 6 a.m., when she and her teammates do their daily one-hour run, followed by two hours of tae kwon do practice. After a lunch break, there's an additional two hours of practice and weightlifting. She also studies the movements of her future opponents on video. “If they (her opponents) have a video of me, they'll most likely be studying what I do, too.” Evans looks at her opponent's strengths, weaknesses and style.

“Everything, every waking minute, is

geared toward the Olympics,” said Evans. “I hate to lose and I'll do whatever it takes to win.”

The Seattle-native was introduced to the sport 10 years ago by her husband, Troy, who is also a hospital corpsman on active duty. “At the time, 1986, I was in Bremerton and my husband showed me tae kwon do basics and I enjoyed it,” recalled Evans. “I grew up playing basketball, volleyball, track and softball, but tae kwon do was different. It allowed me to use many of my talents from the other sports.”



After an exhausting two-hour workout, Evans and her teammates are beat.



While stationed in Guam in 1989, Evans seriously began her tae kwon do career. The Guam Tae kwon do Federation soon recognized her talents, and selected her to compete as its lone female representative at the 1989 World Championships in Seoul, Korea.

She continued to improve, continued competing and five years later in 1994, met her goal of being accepted to the U.S. National Team.

Goals are a cornerstone of Evans' life. "If I have a goal, I stick with it to the end. Right now, my goal is to get into the Olympics, and there's about 10 of us vying for the slot."

Although Evans and her coach acknowledge that her chances of making the Olympic team are "very good," she doesn't let up. "I dream about the Olympics all the time. I picture myself on that podium getting a medal. It keeps me focused."

Tae kwon do, which normally features eight weight classes for both men and women, will consist of only four weight classes for men and women at the 2000

Olympic Games. While sizing up the U.S. team on a global level, Evans thinks the Americans currently rank in the world's top 10, but have the talent to be the world's best.

Evans' tour at the Colorado Springs Olympic Training Center will come to an end after the 2000 Olympics. After that, the 36-year-old is quite sure of what she'll do. "I will finish my Navy career," she confirmed. "The Navy has been very supportive. It can't get any more supportive."

Evans said a lot of what she has learned in the Navy during the past 15 years has carried over into her sport. "In tae kwon do you need to be focused, have discipline and a willingness to train hard. Tae kwon do has taught me to be very competitive, to take care of my body and be healthy. It's also reinforced the fact that I hate to lose."

Lose? I don't think so.

*Benson is a photojournalist assigned to All Hands.*

Foot coordination and flexibility is stressed in this exercise, which has athletes step quickly and carefully between limbs of observers.

## Evan's Accomplishments

1992: U.S. National Tae kwon do Championships (Light): SILVER  
 1992: U.S. National Tae kwon do Team Trials (Light): SILVER  
 1993: U.S. National Tae kwon do Championships (Light): BRONZE  
 1993: U.S. National Tae kwon do Team Trials (Light): BRONZE  
 1993: U.S. Olympic Festival (Light): GOLD  
 1994: U.S. Open Tae kwon do Championships (Light): SILVER  
 1994: U.S. National Tae kwon do Championships (Light): GOLD  
 1994: U.S. National Tae kwon do Team Trials (Light): GOLD  
 1994: U.S. Olympic Festival (Light): GOLD  
 1994: World Cup Tae kwon do Championships (Light): SILVER  
 1994: World Military Tae kwon do Championships (Light): GOLD  
 1995: U.S. Open Tae kwon do Championships (Light): GOLD  
 1995: Pan American Games (Light): SILVER  
 1995: U.S. National Tae kwon do Championships (Light): GOLD  
 1995: U.S. National Tae kwon do Team Trials (Light): GOLD  
 1995: U.S. Olympic Festival (Light): GOLD  
 1996: World Cup Tae kwon do Championships (Light): GOLD  
 1996: U.S. National Tae kwon do Championships (Light): GOLD  
 1996: U.S. National Tae kwon do Team Trials (Light): GOLD  
 1996: Pan American Tae kwon do Championships (Light): GOLD  
 1996: World Military Tae kwon do Championships (Light): SILVER  
 1997: U.S. Open Tae kwon do Championships (Light): GOLD  
 1997: World Cup Tae kwon do Championships (Light): BRONZE  
 1997: U.S. National Tae kwon do Championships (Light): GOLD  
 1997: U.S. National Tae kwon do Team Trials (Light): BRONZE  
 1997: Mexico Open Tae kwon do Championships (Light): BRONZE  
 1997: Denmark Open Tae kwon do Championships (Light): GOLD  
 1997: World Military Tae kwon do Championships (Light): GOLD  
 1998: Belgium Open Tae kwon do Championships (Light): BRONZE  
 1998: U.S. National Tae kwon do Championships (Feather): GOLD  
 1998: U.S. National Tae kwon do Team Trials (Feather): SILVER  
 1998: U.S. Olympic Weight Division Tournament (Feather): GOLD  
 1998: Chosin International Tae kwon do Cup (Feather): SILVER  
 1998: World Military Tae kwon do Championships (Feather): GOLD



## The Running Man

Story by JO2 Jeremy Allen

LTJG Gary Sullivan, who runs an average of 50 miles per week, has learned to balance life as a warfare officer with his passion of marathon running.

The sweat rolls down his face, and his oxygen-deprived muscles burn with each passing step, but this Navy athlete knows how to push himself past the pain. LTJG Gary Sullivan, a marathon runner stationed aboard USS *Barry* (DDG 52) and a 1995 graduate of the U.S. Naval Academy, is the Navy's 1998 Male Athlete of the Year.

"My goal, after I rotate off *Barry* this fall, is to get back to the Academy and coach," said the Granite City, Ill., native who has been running competitively for 17 years.

Sullivan balances his passion for running with a busy work schedule as *Barry*'s Combat Information Center division officer, electronic warfare and legal officer. "You have to come to work planning on a full day," he said. "If you can get away for lunch you do, but you have to learn how to maximize your weekends."

"It's a lot of training and mental discipline," added Sullivan, who runs almost every day and some 40 to 60 miles a week just to keep his edge.

Sullivan competed in more than 10 marathons last year and is trying to lower his time into the 2:20s. "My personal best marathon time is when I flew out to Anchorage, Alaska," where the 26-year old took 2nd place overall with a time of 2:35:58 at the 1998 Mayor's Midnight Marathon.

When he isn't underway or pounding the pavement, this 137-pound marathoner continues to aim for the big one. "I want to try to qualify for the year 2000 Olympics," said Sullivan.

Until then Sullivan will keep on running ... and running ... and running ...

*Allen is a photojournalist assigned to All Hands.*

### LTJG Sullivan's 1998 Stats:

Mar. 7	Eagle's Run 5K, Virginia Beach, Va., 15:43, 2nd	May 31	USO Flash Defenders 10K, Washington, D.C., 56:30, 15th
Mar. 21	Shamrock Marathon, Virginia Beach, Va., 2:37:00, 6th	Jun. 20	Mayor's Midnight Marathon, Anchorage, Alaska, 2:35:58, 2nd
Apr. 19	George Washington Parkway 15K, Arlington, Va., 50:06, 7th	Aug. 8	Naval Base 8K, Norfolk, 21:29, 2nd
Apr. 24	Azalea 8K, Norfolk, 26:27, 1st	Aug. 22	U.S. National Championships, Parkersburg Marathon, Parkersburg, W.Va.
May 3	Pittsburgh Marathon (U.S. National Championships), Pittsburgh, 2:41:08, 43rd	Oct. 25	All-Navy Marathon Team, Washington, D.C., 2:43, 25th



## and BACK TRACK

By JO1 Rodney J. Furry

**S**he looks fast even when she's standing still. Her long muscular legs and thin, yet defined frame, coupled with her quiet, focused personality make Signalman 1st Class Pamela Larry a force on the track – force enough to have “walked” away with the title Navy female Athlete of the Year.

Larry has always loved to run. But after a successful high school career, she decided to dedicate her life to the Navy and building a family. Competitive running was becoming a distant memory when one day Larry, while stationed at Barber's Point, Hawaii, was invited to compete in the Aloha State Games. So 12 years after having hung up her spikes, she got back on the oval.

“It's so easy to say you can't do something because you have other commitments,” she said. “Whether it's taking care of your kids, off-duty college classes or sea duty, it's easy to make excuses for not doing what you love. But you've got to make time for it.”

Working, taking care of her two daughters and taking as many as three college classes a term doesn't leave much time for workouts on the track. But Larry knows it is worth it.

“My kids inspire me. A lot of times I'll be running, and they're running right with me, cheering me on,” she said.

Though she's only been back in the sport for less than two years, Larry's already managed to nail down several state track records in Hawaii and established herself as a top Navy athlete with the All-Navy Track program.



Photo by PH1 Donald Bray Illustration by Rabii & Bates

SM1 Pamela Larry, the Navy's 1998 Female Athlete of the Year, got back on the track after hanging up her spikes 12 years ago.

Now that she is a member of a local military track club and has a dedicated trainer, she's winning race after race in Hawaii and setting her sights on competing stateside. This woman is going places. Catch her if you can.

*Furry is a photojournalist assigned to All Hands.*



# Inner

Gorrocino is waiting for his turn to fight. The light welterweight sits quietly in the bleachers at the Armed Forces Boxing Championships at Kelly Air Force Base, Texas, and waits for his turn in the ring. He doesn't move, but he is pumped. He stares straight ahead, remembering his two previous attempts to join the Navy's Boxing Team and more than two years of sparring with partners in the hangar bay of USS *George Washington* (CVN 73) – all of which he hopes are about to pay off.

Now he is ringside. One more fight and it will be his turn.

Finally, he steps into the ring – the fire in his belly burning like a forest fire, so hot, so out of control, there's almost no way to put it out. It is time to bust out. It is time to show his *Inner Fire*.

Gorrocino's interest in boxing began after he moved to Tijuana, Mexico. His older brother would take him along to watch wrestling matches.

In 9th grade he moved to Los Angeles where he started his boxing training.

Gorrocino joined the Navy right after high school. "I needed a job," said the 22-year-old Aviation Boatswain's Mate (Aircraft Handling) 3rd Class. But that's not the only reason he enlisted. "I told the recruiter

that I wanted to be a firefighter, but I also wanted to somehow pursue my interest in boxing. The recruiter told me about the Navy Boxing Team, about how they traveled and fought in tournaments."

Firefighting and boxing. That clinched it. Boxing was always something he wanted to do, but to join a professional Navy team? "I tried for two years to get in, but with deployments, I just got so busy." In Gorrocino's time on USS *George Washington*, he has deployed to the

Mediterranean three times, the last of which included a diversion to the Arabian Gulf when things got hot at the end of 1997.

"After the carrier pulled into our homeport, I found some time to go to the gym in Little Creek where I met someone else to spar with. He asked me, 'Why don't you apply for the Navy's Boxing Team?'"

"So I got the form I needed (Application for Trial and Training Event) and ran a chit up my chain of command. I was real fortunate to have



# Fire

By PH2 Joseph Gunder III

Gorrocino gave his best but  
was beaten by Army Sgt. Corey  
Bernard of Gulfport, Miss.



Photo by PH2 Joseph Gunder III

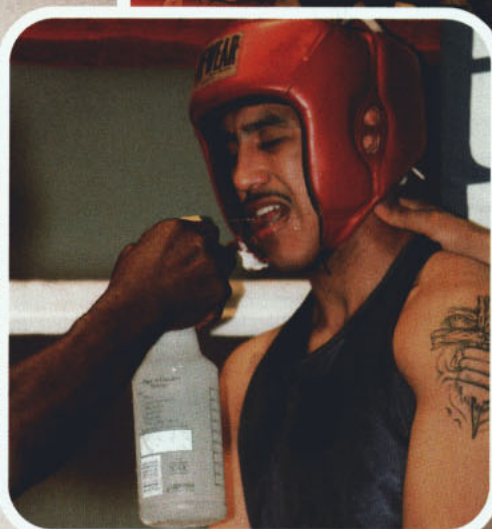


Photo by PH2 Joseph Gunder III

A quick squirt of water is about all  
there's time for between rounds.





Photo by PH2 Joseph Gunder III

a command that was willing to work with me.”

By the time his application was approved and he received TAD orders, the Navy’s Boxing Camp in Port Hueneme, Calif., had already started in December 1998. “I was so worried I’d miss it; I didn’t get to go until January 1999. If I only found out about the application deadline a little earlier, I might’ve made both months of camp. But I got one month in.”

But he packed a lot into that one month. “We’d get up at 5 a.m. and run. By the end of training, we’d be running six miles. We’d work out in the morning, spar

with different weight classes in the afternoon, and we’d do aerobics in the evening. By the time we went to sleep at night, we were exhausted.”

Gorrocino is glad he made it this far, but would like to see more Sailors come out for the team. Right now the Navy has trouble matching up against the other services in every weight class. The coach of the Navy’s team, Solomon Johnson, said that if more Sailors participated the Navy would have a better chance of taking a medal at the annual Armed Forces Boxing Championships.

“This year we had to give away nine

‘byes’ (passes) against a 12-man team,” said Johnson. That means the opposing fighter wins the match because there’s no one in his weight class to challenge him. “There were only three fighters. Last year there were five. Normally I would want four boxers in each weight class. The word’s just not getting out there. I know there are good people in the fleet. They just don’t know the Navy has a boxing program.”

On this day Gorrocino draws an Army Sergeant named Corey Bernard. Gorrocino is fighting as a light welter-weight, a class that requires both speed and power.





The only medal  
Navy took this year went  
to MM3 Backlin Medrano  
(left) of Lafayette, Ind. He  
took the gold in the  
lightweight class.

body blows. In amateur boxing, the knockout is not unheard of, but it is rare. The winner is usually the fighter who can rack up the most points.

Gorrocino is getting frustrated. His punches aren't connecting. Ninety seconds into the fight, and he can feel it slipping away.

In a three round fight, there isn't a lot of time to make up ground. Get behind early, and you're done.

Desperate to land something, anything, he wraps up Bernard and attacks his ribs. Now he's landing punches but without any power behind them.

The referee steps in and breaks them up.

The carnage continues.

Finally, the bell sounds, and Gorrocino stumbles back to his corner.

Coach Johnson grabs a towel and wipes Gorrocino's face. A few words of encouragement, a quick drink of water and the bell sounds to begin round two.

Gorrocino tries to take control. But he just doesn't have it on this day. Forty-five seconds into the second round the referee stops the fight.

Gorrocino's shoulders slump as he returns to his corner. Coach Johnson removes his gloves and he returns to the center of the ring for the announcement.

Bernard's taped hand is raised and the fighters shake hands.

Coach Johnson tries to console Gorrocino, "You we're simply out-classed by a superior fighter. There wasn't much you could've done. The Army guys train year-round. They go and fight the Germans and the Russians, and our camp is only two months long."

Gorrocino would like to have taken a

medal from this tournament, but he knows there is always next year. "I definitely want to go back to camp and try it again next year. If my command can spare me, I'll do it. There's nothing quite like the feelings you get when the referee raises your hand and announces you're the winner. It kind of makes it worth getting all bruised up."

*Gunder is a photojournalist assigned to All Hands.*

## Get in the Game

Find out how you can get involved  
with Navy Boxing and other Navy Sports.

Visit the Navy Sports' website today at:  
[www.mwr.navy.mil/mwrprgms/sports.htm](http://www.mwr.navy.mil/mwrprgms/sports.htm).

Download an application and submit it via  
fax or mail along with your command's  
approval.

Mail completed Navy Sports Applications to:  
Navy Personnel Command  
MWR Division  
5720 Integrity Drive  
Millington, Tenn. 30055-6510  
or Fax it to: 901-874-6831

**Navy Sports needs you.  
So join up today.**

The bell sounds and the two fighters bound from their corners and began to circle, feeling each other out.

Bernard's assault is delivered in measured amounts. A jab to the head, another to the side. Gorrocino recoils, but only for a split second.

"You don't really feel getting hit", he says later, "not until the next morning."

He counters with a right cross, but Bernard slips the punch and it flies wildly by. He comes back with a jab to Gorrocino's mid-section and a quick combination to his head.

Head shots are worth more points than



A close-up, artistic photograph of a woman's face, Michelle Tuggle, looking down. Her face is partially in shadow, and her hair is dark. In the foreground, a large, metallic, copper-colored dumbbell is visible, slightly out of focus. The background is a soft, out-of-focus white.

# Fo

**Michelle Tuggle is strong,  
vibrant and has a growing list  
of victories in the world of  
competitive bodybuilding**



**S**ome families just seem blessed. While most would be proud to have just one champion athlete among their relatives, the Tuggles have two. Jesse is a starting linebacker for the Atlanta Falcons, and played his first Super Bowl in January. His cousin Michelle is an award-winning competitive body-builder. Better yet, she's a dedicated Navy journalist.

"It doesn't surprise me that Michelle is a successful body-

builder," said Jesse. "That hard work ethic seems to run in the family. I'm very proud of her."

"We're a very small clan, and we all take pride in each other's accomplishments," said Michelle.

However, according to Michelle, the comparison ends there, because although her cousin's success in football has

myself, "You're either going to change your lifestyle, or you're going to die," she said.

It was a blessing of sorts, because, faced with putting some variety in her physical fitness regimen, she was drawn to the benefits of weight training. She found that it was a change she liked.

"Pretty soon I started learning more about the things that made me feel better," she said. "I had to change how I ate and how I worked out, and as I learned more, I found myself using the terminology and understanding more until I found myself living a whole new lifestyle."

It's a tricky lifestyle, though, according to Tuggle. There's so much to learn about the body as a machine, and she learned very quickly that there's a lot of advice passed around in the gym – and not all of it is good. While natural body-building supplements are a part of her regimen, she's careful to point out that it's important to use common sense. Unlike some body-builders, she's careful not to use herself as a guinea pig for the many uncontrolled offerings in the world of fitness supplements.

# rm & Substance

always been a positive influence, weight training is actually a fairly new addition to her life. In fact, in only three years she's embraced the lifestyle with a passion worthy of any professional athlete.

A collection of bronze female figures pose goddess-like atop a collection of trophies arranged in her living and dining rooms as testimony to Tuggle's sincere reverence for the human body, and all of its strengths and weaknesses. But there was a time when her dedication to aerobic fitness almost destroyed her.

As a young Sailor, running was her discipline. She dedicated herself to the benefits of aerobic exercise. Nevertheless, her drive for perfection threatened to be her ruin one morning during quarters, when she fell out of formation feeling very sick. She was rushed to the medical department, and after some testing, it was determined that due to her rigorous workouts, her hemoglobin levels were virtually depleted, inhibiting her blood's ability to carry oxygen and nutrients.

"It was a shock. I was at a point in my life where I had to tell

"You have to be intelligent and pay close attention to your body and monitor your progress," said Tuggle. "To me, the body is the most incredible piece of machinery, so I'm reluctant to listen to all of the crazy muscle-building schemes I hear about. If I can't read about it and find some safe, scientific basis for using it, I'm not going to even try it."

Immersing herself in books about anatomy, chemistry and biomechanics, she taught herself about the workings of the human body until at one point she realized she'd become hooked.

"It's like someone just took something and stuffed it in my head," she said. "That's when you know you have a gift. When you discover something that you just absorb naturally and it totally fascinates you."

That investment later paid big dividends for her in strength and size. Eventually, with the encouragement of friends, she entered a bodybuilding contest in 1996 and, amid the echo of applause, it soon became apparent that this was her calling. The





**JO2 Michelle Tuggle** loads up for another set of reps on the bench press.

Artists sculpt beautiful figures out of clay and iron; this bodybuilder sculpts her figure out of sweat, tears and an iron will.



list of commendations read like an anatomy chart – Best Back, Best Abs, Best Chest. What started as a simple goal of wellness evolved into a drive to sculpt and shape her physical form, culminating in her most recent

success in the heavyweight division of the Armed Forces Nationals last year.

A single bead of sweat begins to form on her temple next to a row of neatly braided hair and her eyes radiate concentration as she slowly curls a 30-pound dumbbell up to her chin for one last repetition. As she puts it back in the rack, she reveals that bodybuilding has taught her more than just how to win competitions. What she's really learned is a sense of appreciation for sharing her knowledge and helping other people feel fit.

Her physical appearance and personality seem to attract people, and their attention has led her to an even greater calling as a personal trainer.

Many of the people she trains are elderly. She said she gets a special sense of joy helping them regain some of the energy and strength they possessed in their younger years.

"It bothers me that our society has a tendency to just push the elderly to the wayside. I look at them as treasure chests of knowledge and experience."

She met one of her elderly friends in the gym during a workout. The 70-year-old man admired the way she dedicated herself to her workouts and began asking

her many questions about how he could improve his own program. They soon became friends, and as the word spread, she found herself devoting more time acting as mentor and personal trainer to older people.

"They appreciate every step. They're so happy to make any progress, it makes them a lot more appreciative of every little bit they accomplish," she said.

She enjoys working with the elderly because they're not into fitness for vanity's sake like many younger people, but as a means to live longer and enjoy their later years.

"With them it's not a fitness issue, it's a wellness issue," said Tuggle. "Young people want to look good in the mirror, but older people just want to be well and feel good so they can enjoy the time they have left."

Tuggle's success with helping people as a personal trainer has made her realize the significance of her lifestyle and given her a greater sense of purpose beyond competitions. The physical evidence of her success is obvious – a strong body that is lean and fit. The real fruit of her labor is something even more valuable – an infectious sense of confidence and well-being that gives those around her something awesome to aspire to.

*Furry is a San Diego-based photojournalist for All Hands.*

## Starter workout

### Day 1:

15 Minutes — aerobic activity (running, stationary bike, stair climber, rowing machine etc.)

5 minutes — stretching

#### Chest workout:

1. Flat bar bell bench press
2. Incline/Decline (rotate each week)
3. Pec Deck (Butterfly machine)

#### Tricep workout:

1. Tricep pulldowns
2. Tricep extensions
3. Dips

### Day 2

15 Minutes — aerobic activity

5 Minutes — stretching

#### Back workout:

1. Pullups (overhand grip and underhand grip/rotate each week)
2. Wide grip behind the neck Lat Pulldowns
3. One handed bent over dumbbell rows

#### Bicep workout:

1. Standing curl (with EZ bar)
2. Dumbbell curls
3. Standing hammer curls

### Day 3

15 Minutes — aerobic activity

5 Minutes — stretching

#### Shoulder workout:

1. Dumbbell overhead press
2. Dumbbell lateral side raises (palms down)
3. Reverse pec deck

**Legs:** For all exercises recommend four sets of 10 repetitions at 70 percent of maximum weight.

1. Squats or leg press
2. Leg extension
3. Leg curls

Remember: concentrate on form, not lifting heavy weights. For most exercises, do four sets of eight to 10 repetitions, lifting 70 percent of your maximum weight. When the weight you're using gets too light, add weight incrementally.



# Building a Better Body



Photo by PH2 Amy Bartleson

Story by CINCLANTFLT Public Affairs

Summer is coming. The beach is calling. But that body of yours hasn't seen the inside of a gym since September, and you're not about to take your shirt off in front of your dog Scruffy, let alone thousands of total strangers. Don't worry. It's not too late. You still have a couple of months before the sun really gets hot.

According to Marine Corps Master Gunnery Sgt. Herbert H. Mumford, a fitness expert stationed at Marine Forces U. S. Atlantic Fleet, "it takes a solid 12 months of training to see significant increases in body mass and changes in muscle structure." But you can get toned quicker than that. Most of us don't need to become Mr. or Ms. Universe, we just want to get in better shape and sculpt a better physique. But before you begin a weightlifting routine, there are a few things you need to consider.

There are three key areas to focus on when you begin a solid weightlifting regimen: strength training, aerobic activity and flexibility. "People who are just starting a weight program should start slow and concentrate on proper technique," said YN2 Alan L. Robinson, a Norfolk-based Sailor and command fitness instructor. "When I set up a program for someone, I look at their fitness goals and tailor a program for them." He recommends talking to the fitness coordinator at your gym before starting a program.

According to Robinson, "each workout should begin with at least 15 minutes of aerobic activity, either running, stationary

bicycle, stair climber or any exercise that gets the heart pumping. Once you're warm, stretch the muscles you're going to focus on during the weight workout. This will help you maintain flexibility and avoid injury."

Mumford follows a three-day workout rotation that works chest and triceps on Day 1, back and biceps on Day 2 and shoulders and legs on Day 3. He rotates this cycle Monday through Friday and takes the weekends off. This allows each set of muscle groups to rest at least two days between workouts. "Your workout tears down the muscle," according to Mumford. "During the rest days, the muscle builds back up stronger than it was before."

When starting out, you should do about three different exercises for each muscle group. For each exercise you should be able to do four sets of 8 to 10 repetitions. "The most important thing is technique," Mumford said. "A lot of people get wrapped up in how much weight they're lifting and that is a mistake. You will see many more results by using good form with lower weights."

One easy way to sum up a healthy approach to a good weightlifting program is: focus + form + frequency = fitness.

**Focus:** You must be focused on your fitness goals. "When you start out, keep a journal," Mumford recommended. "Write down each of the exercises you do and set goals for your upcoming workouts." He also recommends using a tape measure to record your body

Marine Corps Master Gunnery Sgt. Herbert Mumford of Kinston, N.C., gets a spot while lifting weights at the Norfolk Naval Base gym.

measurements at the beginning of your new workout plan. Then check your results about once a month. "When you see visible results it gets your blood pumping and makes you want to come back," Mumford said.

**Form:** During each repetition, you need to concentrate on the muscle being worked. You should use a weight that allows you to do the exercise slowly and with good technique. Heavy weights do not necessarily mean you're maximizing the potential of your workout. "Good form gets results," according to Mumford.

**Frequency:** Building strength with weights takes commitment. You need to be in the gym at least an hour a day for at least three days a week, depending on your routine. "When a beginner starts to miss workouts, they don't see much improvement in their fitness. Sometimes this starts a negative cycle where the individual gets discouraged and quits altogether," said Robinson.

**Fitness:** The end result of a focused weight program that includes good form and frequency is a fit person.

In addition to working toward a better build, there are additional advantages to weight training. The more lean muscle mass a person has, the more calories they burn throughout the day, even while at work.

Weight training, combined with aerobic activity, good nutrition and plenty of rest, is a great step toward a healthy lifestyle.

See the fitness coordinator at your Navy or Marine Corps gym and get started on a program that fits you today.



Photo by PH2 Amy Bartleson

PH3 Ilene Welch, of the CINCLANTFLT photo lab, practices squats at the Norfolk Naval Base gym.



## CyberSailor

## Body Shaping on the Net

Well, winter is officially over and now I can get serious about working out and maybe even break my last land speed record of 13:40 in the Navy's biannual 1.5 mile marathon. Okay, okay, so it's no Boston Marathon. But what if it were?

Could the Internet help me get ready for that 26.2-mile monster of a race? You bet. In fact, after a bit of surfing, I found some sites that could help me reach any finish line, whether it's 1.5 miles or 26.2 miles away.

But before I can register for – or even think of completing – a 25-mile race, I need to get in shape. So let's start with the basics.

Our first logical stop would normally be at your favorite search engine by typing in the word "fitness" or "nutrition," but the number of hits will overwhelm anyone, especially Sailors like us with too little time to browse. So I helped you all out by narrowing it down after reading a recent copy of *Webbound Magazine* and perusing their website, [www.webbound.com](http://www.webbound.com), that lists more than 60,000 sites that are updated quarterly. I found running, fitness, good recipes and nutrition sites to start you on your way. I think my selections are some of the best of the best in these areas. Let's start off with nutrition.

Nutrition is sort of like driving a car. You may have a great looking body but if your gas is polluted with gum, tar or dirt it simply won't go very far or fast. Well, the "fuel" for our bodies is no different. We can go only as far as the quality of what we put in our "gas tanks." If I'm going to pull this off, I'm going to need a well-balanced diet that includes all essential nutrients. Learning what – and how – to eat is the first step to getting (and staying) in shape.

Starting to eat right comes from knowing a little bit about what foods do and how our bodies process those foods. Fitness Online, [www.fitnesslink.com](http://www.fitnesslink.com), puts it like this: Too much sugar equals insulin, which equals low blood sugar, which turns into stored fat and equals the, 'I'm tired & hungry' syndrome. This vicious cycle is caused by not getting the right amount of carbohydrates and water.

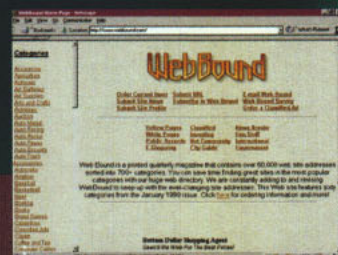
Yes, that's right, water. If you are feeling cranky and irritable, it's probably from not drinking enough water. As a rule of thumb, nutritional guides say you should try to drink a minimum of eight glasses of water everyday – and more on workout days. A big glass of water 10-20 minutes before a workout and 4 to 8 ounces every 10 minutes during a workout will keep you feeling good and your muscles fully-functional.

While we are talking time, you should learn to eat when you're hungry and stop when you're full. This will keep your metabolism hopping and your muscles fueled. To learn more about it check out [www.metabolism.com](http://www.metabolism.com). The site offers health and nutrition answers on cholesterol, high blood pressure and just about anything relating to your metabolism. Ideally, you should try to eat small meals about every four hours or so. This will prevent your body from going into "starve" mode and storing fat. Fad diets and skipping meals only tells the body, "take over 'cause the operator doesn't know how to eat." It then begins to store fat for future use.

But, say you want to bulk up. Well, according to Fitness Online you need to eat about 1 to 3 ounces of protein at breakfast and 3 to 4 ounces at lunch and dinner. But keep in mind that three ounces of fish, chicken, lean beef or pork is about the size of



[www.runnersworld.com](http://www.runnersworld.com)



[www.webbound.com](http://www.webbound.com)



[www.fitnesslink.com](http://www.fitnesslink.com)

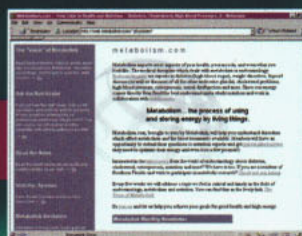




[www.navysports.com](http://www.navysports.com)



[www.mwr.navy.mil/mwrprgms/sports.html](http://www.mwr.navy.mil/mwrprgms/sports.html)



[www.metabolism.com](http://www.metabolism.com)



[www.videofitness.com](http://www.videofitness.com)

a deck of cards. So if it doesn't fit comfortably in the palm of your hand, invite a friend over for dinner.

Or bite into an excellent site at the American Heart Association's guide to healthy living, [www.deliciousdecisions.org](http://www.deliciousdecisions.org). The site is very well done and provides free recipes and step by step eating and workout plans. Some highly recommended sites for free meal plans and shopping guides are [www.mymealplan.com](http://www.mymealplan.com),



[www.dietwatch.com](http://www.dietwatch.com)

[www.cyberdiet.com](http://www.cyberdiet.com) and [www.dietwatch.com](http://www.dietwatch.com).

While you're at it, remember to eat according to the food pyramid which can be found at

[www.fitnesslink.com/food/pyramid.htm](http://www.fitnesslink.com/food/pyramid.htm).

So now that you've gained an insight about what to eat, how to eat, let's see how fast you can spin your tires in the quarter mile.

Now, you could simply throw a video into your VCR by some famous guy like Richard

Simmons, [www.richardsimmons.com](http://www.richardsimmons.com), or Billy Blanks, [www.videofitness.com](http://www.videofitness.com), and sweat till you drop. But if you really want to change your lifestyle there's nothing like a good run.

Running involves a lot of pre-planning and can be hard on your legs if you don't properly stretch and warm up. The best way to learn how to do that online is at [www.runnersworld.com](http://www.runnersworld.com). This site offers advice on everything from what type of shoe to buy to information on where 1,800 of the best races are held. They offer training programs for novice to expert runners who are interested in running distances from 5K to 26K. They help motivate you, teach you to build your endurance and host a forum to chat with other runners around the world.

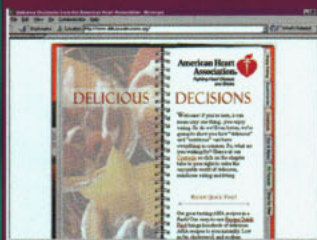
If you're like me and love to run and are interested in taking on the famous Boston Marathon then you need to run over to [www.bostonmarathon.org](http://www.bostonmarathon.org) and sign up for next year's race.

All this web surfing and reading about nutrition and fitness is making me hungry. I think I'll have an apple. See ya' in Boston.

*Cyber Sailor*



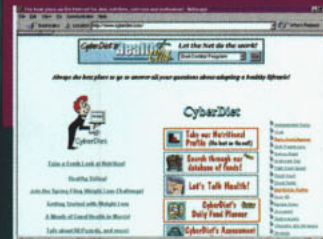
[www.bostonmarathon.org](http://www.bostonmarathon.org)



[www.deliciousdecisions.org](http://www.deliciousdecisions.org)



[www.richardsimmons.com](http://www.richardsimmons.com)



[www.cyberdiet.com](http://www.cyberdiet.com)

*The appearance of commercial websites in All Hands does not imply endorsement by the Departments of the Navy or Defense.*



# Eye on the Fleet

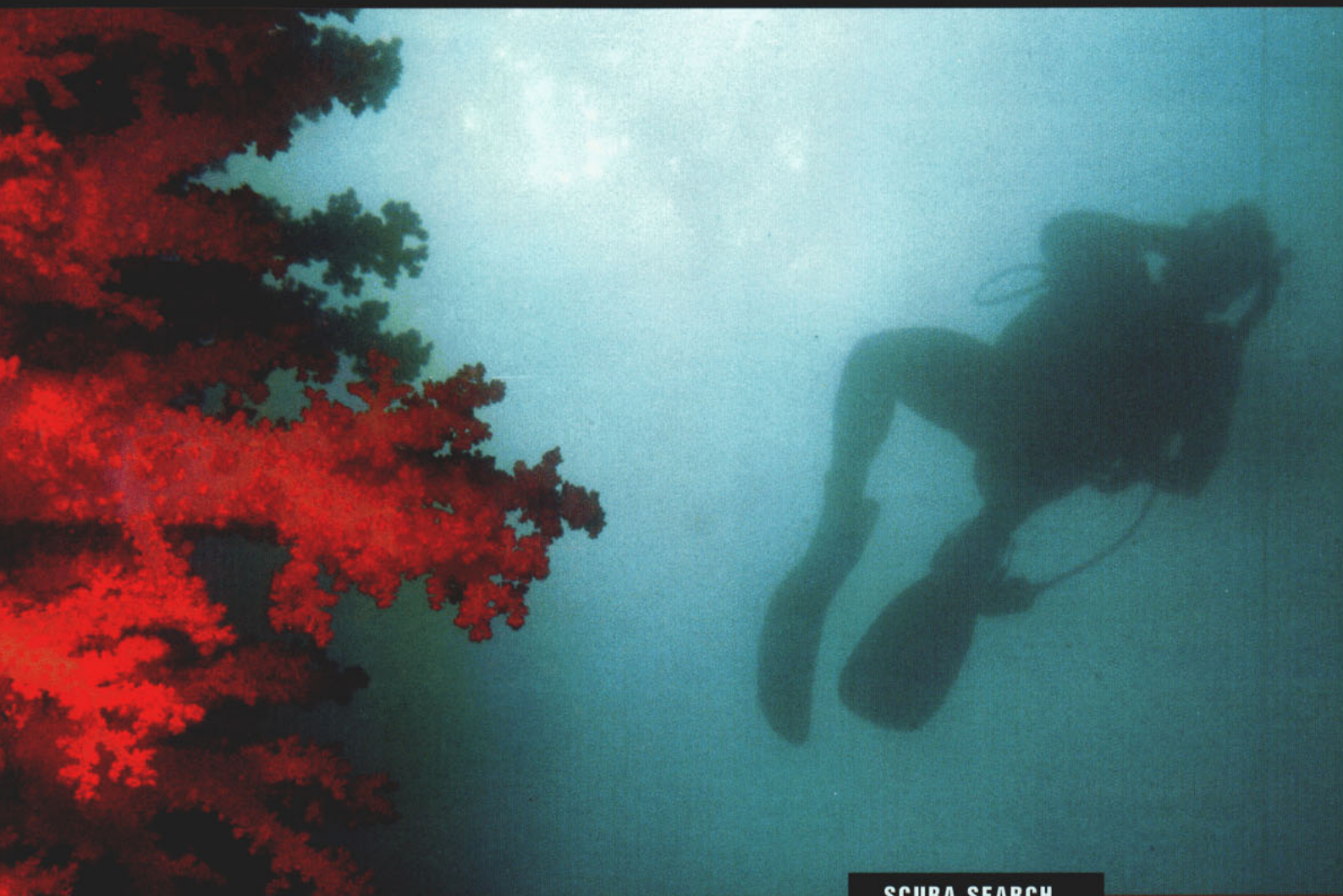
EYE ON THE FLEET

is a monthly photo feature sponsored by

the Chief of Information Navy News Photo Division. We are looking

for **HIGH IMPACT,** quality photography from **SAILORS**

in the fleet to showcase the American Sailor in **ACTION.**



## SCUBA SEARCH

A Sailor from USS *Enterprise* (CVN 65) explores the waters off the coast of Antalya, Turkey.  
Photo by PH1 Nicholas D. Sherrouse



## TAKING A STRAIN

Members of Mobile Diving and Salvage Unit (MDSU) 2 haul in their diving barge's mooring line at Naval Station Roosevelt Roads, Puerto Rico.  
Photo by PH2 Eric Lippman



## FIRE AND WATER

Personnel from the Naval Air Facility Atsugi fire department douse the flames from Building 202.  
Photo by PHC Jerry McLain

To be considered, forward your images with full credit and outline information, including: full name, rank and duty station. Name all identifiable people within the photo and include important information about what is happening, where the photo was taken and the date.

Commands with digital photo capability can send attached .jpg files to:  
[navynewsphoto@hq.navy.mil](mailto:navynewsphoto@hq.navy.mil).

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# Eye on the Fleet



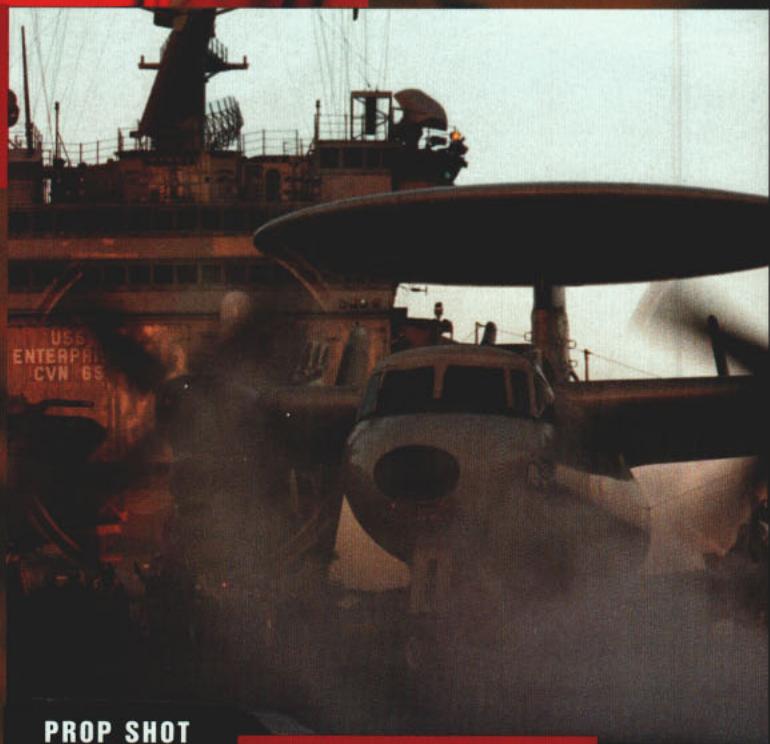
## COLOR COMMENTARY

LT Mark Persutti (left) confers with ABH1 Gary Moore on board USS *Harry S. Truman* (CVN 75). Photo by JOC John F. Williams



## ON THE TOWN

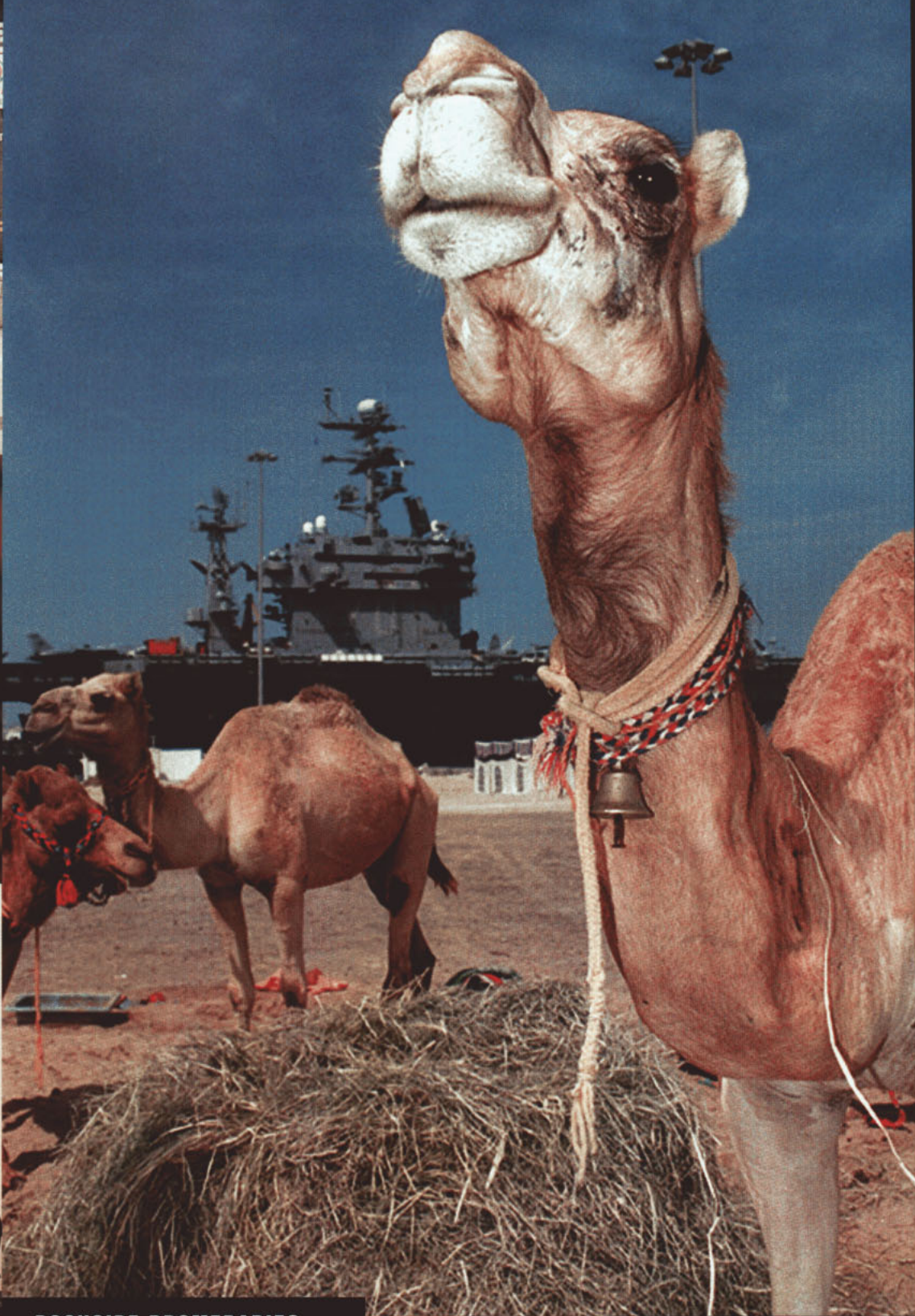
Sailors from USS *Enterprise* (CVN 65) take in the sights of Antalya, Turkey. Photo by PH2 Michael W. Pendergrass



## PROP SHOT

An E-2C *Hawkeye* taxis to the catapult as it prepares to launch from the deck of USS *Enterprise* (CVN 65). Photo by PH2 Michael W. Pendergrass





### DOCKSIDE DROMEDARIES

A few of the locals graze pierside as USS *Carl Vinson* (CVN 70) visits Jebel Ali, United Arab Emirates.  
Photo by MR3 Ted Boesch



# Shipmates



**Hospital Corpsman 2nd Class (SW) Daniel J. Friedel** from Cleveland, Ohio, was named USS *Enterprise* (CVN 65) Junior Sailor of the Quarter for his strong work ethic, versatility and rapport with patients. Friedel is assigned as general duty corpsman and damage control petty officer in the ship's medical department. He often visits patients at local hospitals and nursing homes.



**Yeoman 3rd Class Bari Jones** was selected as NAS Whiting Field, Milton, Fla., Junior Sailor of the Quarter. As the administration department's leading petty officer, Jones maintains loss/gain reports, prepares evaluations and fitness reports, tracks permanent change of station (PCS) orders and coordinates over-seas screening.



**Hospital Corpsman 1st Class Michele L. Byrd** was selected as the Eastern Sector, United States Military Entrance Processing (MEP) Command, 1999 Military Member of the Year. Byrd is a laboratory technician at the Raleigh, N.C., MEP Station. She has earned an associate's degree in medical laboratory technology and is currently pursuing a bachelor's degree in medical technology. She volunteers for Habitat for Humanity and is active in the Parent-Teacher Association.



**Data Processing Technician 1st Class John R. Berg** was selected as the 1998 Sailor of the Year for the Naval Aerospace Medical Research Laboratory, Pensacola, Fla. Berg is the Leading Petty Officer for the Automated Data Processing Division and manages more than 90 computers, nine servers and other network-related items while keeping them at or near 100 percent operational condition at all times.

## On assignment

"Spending a few days talking to major leaguers, you see that what these guys do to succeed isn't much different than what we stress to our young Sailors," said J01 Ron Schafer, seen here interviewing Anaheim Angels' pitching coach Dick Pole during spring training in Tempe, Ariz. (See story, Page 20). "They all say the same thing. Discipline and teamwork are what take you to the top. I'm lucky. I've been able to witness that throughout the fleet. When I rode my first submarine, USS *Tennessee* (SSBN 734), when I saw how Sailors aboard USS *Yorktown* (CG 48) made the "Smart Ship" concept a reality or when I watched flight ops aboard USS *Harry S. Truman* (CVN 75), I saw that we're all in this together. That's what makes our Sailors the best, because they see it too."



Photo by Phil Jim Hampshire

## Did you know?

**Race walking** was invented in the 18th century, in England, and was originally called pedestrianism. It became an Olympic sport in 1908.

**The biathlon**, that odd marriage of shooting, skiing and stamina, is a popular sport in the Soviet Union, Germany and other Scandinavian countries. It first appeared in the 1924 Olympics as a "military exercise," but was dropped after World War II because of the military connotation. The first world biathlon championship was held in Austria in 1958, and the sport returned to the Olympics in 1960. Women's biathlon was added to the Olympics in 1992.

**A golf-like game** was played by the Romans, during the reign of Caesar, by striking a feather-stuffed ball with club-shaped branches.

**Scotland** is home to the world's oldest golf course, St. Andrews, which was used as early as the 16th century. The Royal and Ancient Golf Club at St. Andrews was founded in 1754.

**There are three** different types of rodeo clowns. The first clown's main job is to protect the cowboy. The second clown, or barrel clown, stays in the barrel during the bull riding and is used as needed. The third is the comedy clown.

**Boxing** first appeared on the modern Olympic program in 1904 in St. Louis, Mo. Since that time, the United States has captured 47 of the 191 gold medals available, more than twice the number won by the second-place country, Cuba (23).

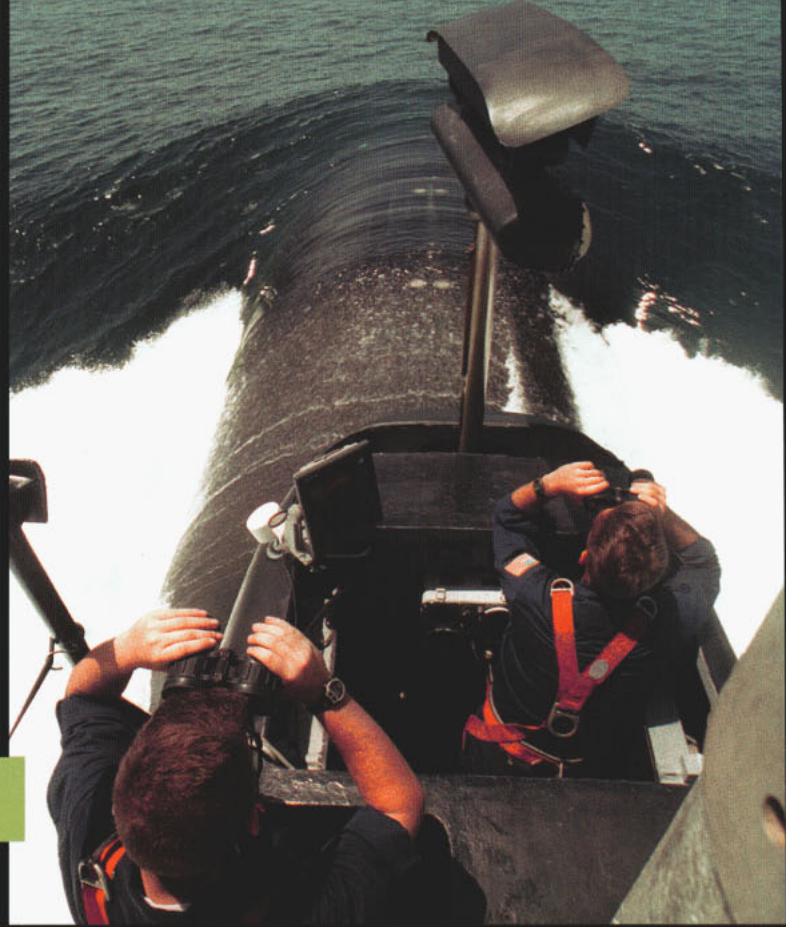
**The Ironman Triathlon**, held every year in Kona, Hawaii, was started by a small group of Sailors who got into an argument about who was in better shape – runners, swimmers or cyclists. Only 12 people finished the first race.

**Bodybuilding** as we know it today began some 60 years ago when men lifted weights in preparation for the first Mr. America title in the late 1930s.



# any day...

U.S. Navy photo



**A**ll Hands wants quality photographs that capture Sailors, Marines, Navy civilians, Naval Reservists and their family members at work and at play – performing those daily tasks that contribute to mission accomplishment. The shoot has been extended to encompass an entire week to allow commands more flexibility. Selected photos will be published in the October 1999 issue of *All Hands*.

Photographs taken should reflect the diversity of both people and capabilities in the U.S. Navy and must be shot during the week of **Sunday, May 23** through **Saturday, May 29, 1999**. Photos depicting safety or uniform violations will not be considered. The best shots tend to be candid and unrehearsed, displaying the imagination and creativity of the photographer.

All submissions must include full credit information (see below). Captions must be attached individually to each photo or slide.

To be considered, photos must be received at *All Hands* by **July 5, 1999**. Photos will not be returned. Submit processed and mounted color slides, or quality color prints, either 5x7 or 8x10. Digital images will also be accepted with a minimum pixel size of 2,000 X 1,200 (approximately 5X7 at 300 dpi). Digital images can be submitted on a Zip disk with cutlines and photo credits embedded. Zip disks will not be returned.

Commands with digital photo capability can send attached .jpg files to Chief of Information Navy News Photo Division at [navynewsphoto@hq.navy.mil](mailto:navynewsphoto@hq.navy.mil). The subject line for all such submissions should read: Any Day Submissions.

Mail submissions to: Naval Media Center, ATTN: All Hands Photo Editor, NAVSTA Washington, Anacostia Annex, 2713 Mitscher Rd., S.W., Washington, D.C. 20373-5819. Be sure to mark all packages as "Any Day Submissions."

# in the NAVY 1999

PHOTOCOPY THIS FORM AND ATTACH A COMPLETED COPY TO EACH PHOTO YOU SUBMIT.

## Photographer Information

Name: \_\_\_\_\_

Rank: \_\_\_\_\_

Duty station (include mailing address and phone number): \_\_\_\_\_

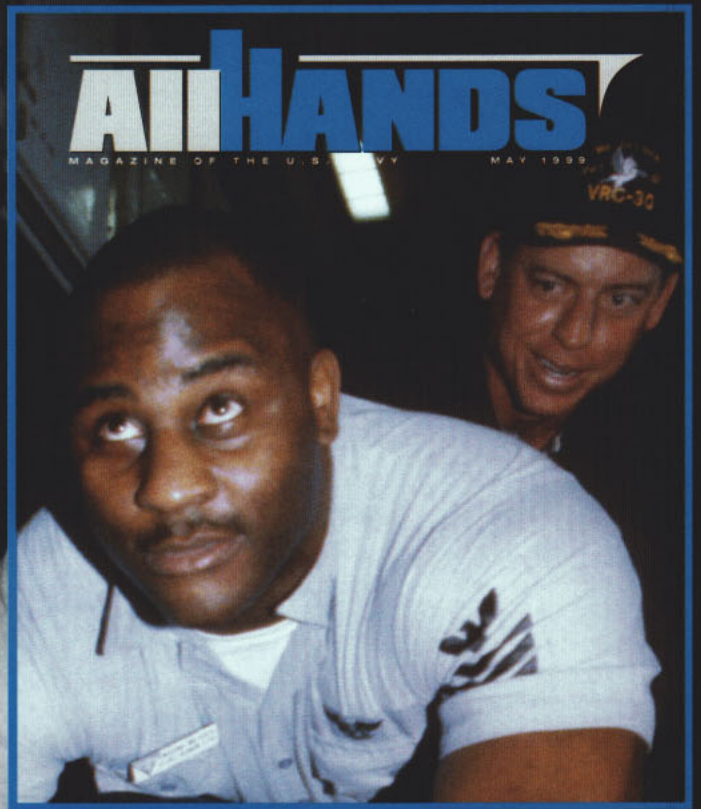
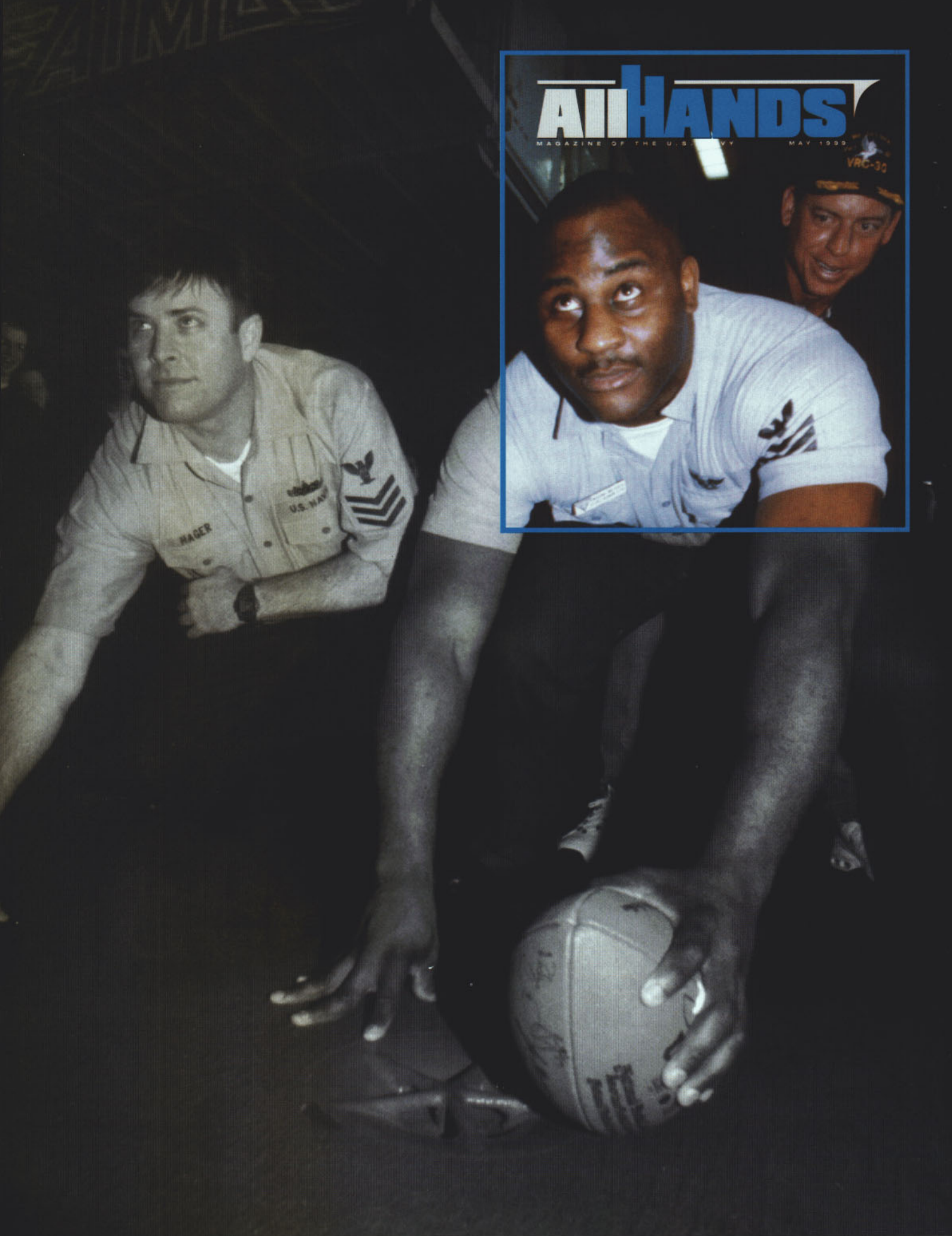
## Photograph Information

Where was the photo shot: \_\_\_\_\_

Caption (what is happening in the photo): \_\_\_\_\_

Persons pictured (include first and last names, ranks/rates, warfare designations and hometowns): \_\_\_\_\_





# All HANDS

MAGAZINE OF THE U.S. NAVY

MAY 1999

VRC-30